Chichester HERALD

Friday 1st August 2014
YOUR FREE WEEKLY NEWSPAPER

www.chichesterherald.co.uk @chiherald

INSIDE

Win two tickets to see Guardians of the Galaxy
COMPETITION
Page 20

Win a meal for 2 at Murrays at the Ship Hotel
COMPETITION
Page 22

Cherry Juice could be the answer to perfect sleep
DENISE KELLY
Page 24

Stripped of profits

>> *Police target criminals and their financial gains in crackdown*

Susanne Reid
NEWS@CHICHESTERHERALD.CO.UK

SUSSEX POLICE continued to put pressure on offenders by stripping them of their criminal profits to the tune of over £1.4 million in the past year (2013/14).

The news comes as the force has also this month (July 2014) achieved its best ever result in terms of confiscation orders issued under the Proceeds of Crime Act (POCA). Five convicted defendants in a major national horse-race betting brochure fraud have been served with confiscation orders for a total of £7.6 million.

Using powers under POCA, the force had successfully applied to courts during the financial year 2013/14 for 100 confiscation orders following criminal convictions, valued at £1,492,750. The force also obtained 28 civil forfeiture orders valued at £138,482, following cash seizures from suspected offenders and a further £7,277 in other forfeitures.

Detective Inspector Mick Richards of the force's Economic Crime Unit, said: "These are just the latest results of continuing hard work by our officers, and in particular our expert financial investigators.

Continued on page 3

Sussex Police continue to get tough on local crime

MORE HEADLINES >>

TWO ARRESTED AS OPERATION SUITCASE CONTINUES IN CHICHESTER — Page 7

NEW FILMS UNEARTH CHICHESTER'S ANCIENT ARTEFACTS — Page 8

GREEN-FINGERED RESIDENTS OF A WEST SUSSEX TOWN RAISE THOUSANDS — Page 14

Brook Gardens, Barnham

Dream Homes with a 5% deposit.
Ask us about Help to Buy

dwh.co.uk or call 01243 558833

Where quality lives
David Wilson Homes

Limited availability, selected plots only. Subject to status, terms and conditions apply. See www.dwh.co.uk for full details. The Homes and Communities Agency ("HCA") provides an equity loan for 20% of the purchase price of the property. The equity loan provided is secured as a second charge on your property. The amount you have to repay to the HCA may be more than the amount of the equity loan provided. Scheme is available in England only and on properties up to £600k. Image includes optional upgrades at additional cost.

Scrumptious, original and beautifully decorated cakes and cupcakes made to order, specialising in wedding cakes

Phone today to arrange a FREE consultation!

Wedding Kate

EXQUISITE BESPOKE WEDDING CAKES

01243 262933
07983 341399
@weddingcakekate
com/WeddingKate
kate@weddingkate co uk

www.weddingkate.co.uk

FOLLOW US ON TWITTER
@chiherald

Local News

Continued from page 1

Police target criminals and their financial gains in crackdown

"We now target not just the criminals but also the profits of their crimes, whether they are from drug dealing or any other form of criminal activity. It can take time and each investigation is subject of an application for a court authorised confiscation order. Criminals need to know that where we think they have profits, hidden though they may be, we don't give up after sentencing. Financial investigation is increasingly at the heart of all criminal investigation.

"POCA also allows for cash to be seized under civil forfeiture, if it is suspected to be from crime or it is suspected that it will be used for an unlawful purpose. It does not require anyone to be prosecuted for a criminal offence, rather that Magistrates deem it to have been obtained as a result of a criminal enterprise, or intended in the future for such use based on the evidence surrounding its discovery.

"Any money confiscated and put into the national exchequer is ploughed back to support further financial investigations and also into the wider community through worthwhile local projects.

"That money forfeited goes first to the central Government exchequer, but 50% of it then comes back to law enforcement. Part of that forfeited cash returned to Sussex Police is used to help support the work of the force's financial investigators and as donations to local Sussex-based crime reduction and diversion projects."

The force supported thirteen projects last year with moneys returned from previous years through grants under the Sussex Police Community Cashback initiative, in partnership with Sussex Community Foundation.

Mick Richards said, "The fact that this money has been taken from criminals and is going back into our local communities gives us great satisfaction. It has been a very humbling experience to see the extent of voluntary and community work being carried out across Sussex, and we plan to do the same this year."

Sussex Police & Crime Commissioner, Katy Bourne, said: "In Sussex it has been agreed by the Police & Crime Commissioner (PCC) and the Chief Constable that POCA funds are distributed equally between the two organisations.

"I think it is absolutely right that proceeds of crime should be removed from criminals and for that money to be reinvested directly back into our local communities to fund initiatives that prevent and deter crime, improve community safety, and support victims."

In 2013-14, the PCC's allocation has included providing the county's Young Witness Service a funding boost of £90,000 (over two years) to support young people attending court either as victims of crime or witnesses to it.

Woman raped in Chichester alleyway

POLICE ARE INVESTIGATING the rape of a 25 year-old woman in Chichester on Saturday night (26 July).

The woman was assaulted in an alleyway connecting East Street and the Little London car park, near to the Ox Market.

Detectives want to speak to anyone who may have seen or heard anything suspicious in that area between 10pm and midnight on Saturday.

In particular, they would like to talk to a man and woman walking this route between those times.

A 32-year-old local man has been arrested on suspicion of rape and released on bail until 9 October while enquiries continue.

Anyone with information is asked to phone Sussex Police on 101 or email 101@sussex.pnn.police.uk, quoting serial 99 of 27/7.

Alternatively they can call the independent charity Crimestoppers free and anonymously on 0800 555 111.

Anorak Corner

interesting snippets of information about Chichester

The once popular Real Ale and Jazz Festival in Chichester (Which last hosted in 2011) had seen many star names over the years including James Brown, Status Quo, Blondie, Boney M, Robert Cray, Hot Chocolate, Howard Jones, Go West, The Pretenders, The Drifters and Simple Minds

Tweets of the Week

All tweets are from Chichester people or about the area.
(Some tweets may contain errors) **Let us know what you think @Chiherald**

@chiparkrun
Morning all. We have just 2 days until the first parkrun in Chichester! We need photographers! Interested? Please get in touch...

@WhiteWednesday
I was on West Wittering beach today...along with the rest of London & the South East it would seem

@Lousa_Flavour
Want to know more about British cheese? #Chichester cheese tasting @EdesHouse Thur 4 Sep. Special Early bird rates. http://ow.ly/zEQQI

@JulieATomlinson
Had a wonderful day at the rock fest in Bognor Regis not been to a festival before with all my girlies a day to remember lol pifs xxx

@sjackson92_
If you can, get down to Chichester ASAP to see Miss Julie/Black Comedy @ Rosemae is glorious as usual & I've not laughed so much for ages

@susewilde
Wondering why chichester suddenly full of weird people. "Glorious Goodwood" came the answer. Some in full desert camouflage. Why?

@ThatManMeadows
Ebola. Well, there's always a Summer scare story but this is terrifying. What happened to the #BognorRegis #GreatWhiteShark?

@effsea1
In need of a holiday to a distant and beautiful place. Bora Bora, Mauritius, Bahamas, Hawaii — Hell, I'll take Bognor Regis right now.

@SusexCITC
Line near West Wittering? Why not come down to our holiday course starting Mon Aug 4th - Weds Aug 6th. 10am-3pm @19awee19 #TakePart #cricket

@ladypandapop
Sat under a clear night sky in Selsey. Milky Way dweeBy above, waiting for a glimpse of the #ATVS later..perfect conditions

Wine is a nice way to relax with people you like. Period

Tommy Boyd

Legendary TV & radio personality

WINE

I sometimes treat myself to a nice bottle of wine from the wine shop in North Street. I had to get up courage to go in first time as I'm not a wine buff. Don't like the way pseuds try to make out it's all to do with fine dining, and having an acutely educated palate. Wine is a nice way to relax with people you like. Period.

INTEGRITY IN MEN

England cricket has a fine new man in Moeen Ali. If you don't know he's the all-rounder with the massively bushy beard who is currently playing for England against India. He has to wear logos for advertisers. Other cricketers on the pitch wear sunglasses, maybe for money - why else would you inhibit your vision playing sport? The pitch, the boundary, the grandstands are all festooned with messages paid for by supermarkets, insurance companies, beer and wine businesses. Every wicket down you get a TV commercial for Wonga or a bookie. Moeen Ali took to the pitch wearing two small wristbands in support of the suffering people of Gaza.

And they wanted him to take them off. On a personal note I'd like to thank whoever complained as I assume someone did for making me even more sympathetic to the integrity of Islam.

WINE AND FOOD

You get these flowery descriptions tacked under the wine bottle. In the supermarkets: red wine is "Oak notes with tannin overtones. Excellent with red meat." White gets "Liquorice with a hint of hedgerows. Ideal with fish." The proposition that there is a wine that is right with belly pork but wrong with whelks belongs in a fantasy world. One way of identifying if you have a drink problem is if you are in denial.

GAZA

The Israeli government makes opponents to their policies seem anti-semitic. This frightens some off. The people of Gaza said this in the face of the latest barrages: "We are not fighting Jews. We are fighting invaders."

"LOOK AT ME"

The internet makes a lot of people try to be noticed, they do get talked about. Their need to be noticed also gets discussed. Apparently a high percentage (30%, some say) of Facebook accounts are fake people who want to be noticed but not as themselves.

INVISIBILITY

In a recent poll: "Which superhero power would you most like to have?" the winner was surprisingly the Invisible Man.

CHICHESTER FACE MASKS

There's a woman near where I live wears a mask to go shopping. And yesterday I saw a man cutting his hedge wearing a mask.

WINE MARKETING

As I was saying to the man in Hennings Wine, they should market wine on things like "Tastes nice" or "Tastes nice and makes you feel romantic". Or "Ideal to drink while watching Newsnight alone."

SUNGLASSES

Everyone's in sunglasses. I don't get it. Sunglasses are simply fashion accessories - nothing more. Like earrings. Except earrings don't inhibit your eyesight which sunglasses are designed to do. They also make you slightly invisible.

People claim their sunglasses reduce glare. Even that they prevent headaches. It's not true. People wear sunglasses because they think it makes them look like film stars. Period.

I have never seen someone try on a pair of sunglasses in Boots and walk to the window to see how they affect the light. No. They check the mirror, look in the omnipresent mirror.

BURKA

Many European people are against Muslim women wearing what I believe is called a Burka which covers their face, but on E-bay kids can buy a knitted hat which comes down over your face. It has two round eye holes with tinted glass. In them for vision. And then what's the hoodie about? My point is that more and more people want to be anonymous. Because they are sureessful this new human need is not not eed.

JOKE I CAN'T TELL

The one where superman doesn't realise that Wonder woman is dancing with the invisible man. If you know it have another laugh it's one of the best gags ever.

JOKE I CAN TELL

"The invisible man's at the door"
"Tell him I can't see him"

Contact Tommy: *tommy.boyd@chichesterherald.co.uk*
Follow Tommy on @TheTommyBoyd

Chichester FREE EVERY FRIDAY HERALD

Twitter: @chiherald
Suite 8b/c, 96 The Hornet, Chichester, West Sussex, PO19 7BB 01243 200999
info@chichesterherald.co.uk www.chichesterherald.co.uk

Chichester Herald is a free weekly newspaper available for self-selected pick up every Friday across Chichester and the surrounding area in a wide variety of locations with a weekly readership of up to **23,000**.

Distribution locations include: Tesco, Sainsbury's, Waitrose, Iceland, Chichester bus station, Chichester train station, Westgate Leisure Centre, Nuffield Fitness & Wellbeing, Cineworld, newsagents, One Stop, Chichester College plus **422 newspaper stands** in the area. Chichester Herald is also in all coffee shops. We also distribute at least one newspaper to the majority of businesses in your area including industrial estates and the outskirts of the city.

Pick up point areas and businesses delivered to include:
Aldwick, Arundel, Barnham, Bognor, Bognor Bracklesham, Chichester, Emsworth, Fontwell, Goodwood, Midhurst, Nyetimber, Pagham, Pitsworth, Rose Green, Selsey and East & West Wittering.

Founder/Managing Director:
Dean Adams *(Managing Editor)*
dean.adams@chichesterherald.co.uk

Senior Designer:
Debbie Finn
debbie.finn@chichesterherald.co.uk

Advertising:
advertising@chichesterherald.co.uk

News, sport & entertainment
news@chichesterherald.co.uk

Accounts:
accounts@chichesterherald.co.uk

It really does work... the testimonials

Furniture & More, based in Terminus Road, say: "We had a couple were having a coffee in Nins, they picked up a Chichester Herald from the stand in the cafe. They were in Chichester looking for furniture. Having seen our advert they came around to the showrooms and having been impressed with the quality and prices, they ordered a large selection of goods from us."

recycle

Chichester Herald is printed from 100% recycled paper. Please recycle after you have finished reading your wonderful newspaper.

Printed by Iliffe Print www.iliffeprint.co.uk

If you think a FreeStyle kitchen is out of your budget... think again!

Freestyle Kitchens

Freestyle kitchens, Bognor Road, Chichester, PO19 8NS 01243 776000 | Broadwater Green, Worthing BN14 9BY 01903 215550
We are open Mon - Sat 9am - 5pm (evenings by appointment) Email chichester@freestyledirect.co.uk www.freestyledirect.co.uk

Also specialising in quality bedrooms
FREESTYLE BEDROOMS

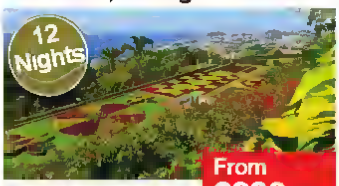
Sussex Cruise Club

Your local independent cruise agent

P&O CRUISES
Discover a different world...

Oceana

Canaries, Portugal & Madeira

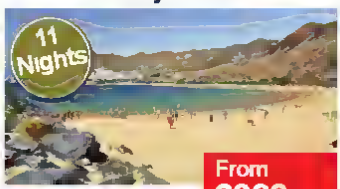


7 September 2014 — From £999pp

RoyalCaribbean INTERNATIONAL

Independence of the Seas

Canary Islands

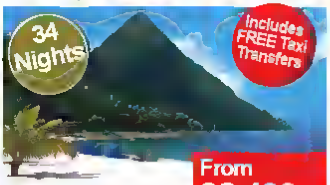


2 October 2014 — From £999pp

Fred.Olsen Cruise Lines

Balmoral

Havana, Bermuda & the Caribbean



3 November 2014 — From £2,499pp

BRAEMAR

Paris City Break

20 November 2014

Spend three nights on board Braemar on this wonderful mini-cruise to Rouen. Your holiday begins with our door to door taxi service and then once you've set sail from Southampton aboard Braemar enjoy a fabulous sailing along the River Seine where stunning scenes of rolling hillsides are presented to you. With an overnight stay in the beautiful city of Rouen there's plenty of time to take in the highlights or a chance to take a tour to romantic Paris where you can enjoy the many famous landmarks.

From £279pp

What's included
- Return transfers from your home address
- 3 nights full board cruising aboard Braemar
- Daily on board activities and evening entertainment
- Services of a Sussex Cruise Club Escort

Inside Twin	from £279pp
Outside Twin	from £349pp
Balcony Cabin	from £459pp
Suites	from £646pp
Singles	from £449pp

Hurtigruten Presentation

George Bell House, Chichester, PO19 1PX

Thursday 7th August 2014 - 2pm

Come along to this informative talk with Lucy Hone from Hurtigruten. We are offering an exclusive group departure travelling to the remote northerly regions of Norway exploring the land above the Arctic Circle and then spending two nights in the charming town of Svolvaer. Enjoy optional excursions with huskies at the Snow Hotel, at the North Cape or the Arctic Cathedral Concert or just relax and keep your eyes peeled for those wonderful Northern Lights.

Call us now to register your interest for this exciting presentation on 01243 871664

Balmoral Ship Visit

Friday 24 October 2014

Only £70pp

BALMORAL

Join the Sussex Cruise Club on an exclusive visit to see Fred. Olsen's Balmoral in Southampton. This day visit is a great way of seeing the ship before making a booking to sail aboard her. You will have the opportunity to look around Balmoral and view her cabins and public areas before enjoying a three-course lunch on board. The price of your visit includes return coach travel from local pick up points.

PLUS if you make a Fred. Olsen cruise booking with the Sussex Cruise Club after your visit we will refund the amount paid for your day visit (terms and conditions apply)

SUSSEX CRUISE CLUB
www.sussex.cruiseclub.co.uk

For more information or to make a booking please call **01243 871664**

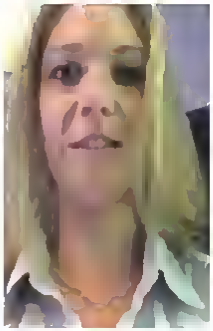
43 Aldwick Road, Bognor Regis, West Sussex, PO21 2NL

Terms & Conditions: Prices and offers are subject to availability and can be withdrawn or amended at any time with or prior notice and cannot be applied retrospectively. Offers shown are subject to the terms and conditions of each operator. Prices shown are per person, based on standard occupancy of the lowest grade of cabin category. Some offers shown may require full payment at the time of booking, full details will be given at booking stage. Some ports may be at another. Itineraries can be amended in operational reasons. Free Pre- to-door transfers are applicable to guests residing in the Sussex Cruise Club pick up area please call for further information. Any passenger wishing to travel on the ship visit cannot have sailed or have a future booking aboard Balmoral. Passports must be shown at check-in.

ABTA The Travel Association

ace association of cruise experts

Concern for missing Hambrook woman



28-year old Charlotte Ashton-Rickardt is missing

FAMILY are concerned for the welfare and safety of 28-year old Charlotte Ashton Rickardt, who has been missing from her home address in Priors Leaze Lane, Hambrook, near Chichester since 7pm on Thursday 24 July.

Charlotte left home suddenly that afternoon without saying where she was going, and has not been in contact with her family since.

She was last seen boarding a westbound train at nearby Nutbourne station at 7.24pm the same evening and is believed to have travelled to either Bournemouth or London.

Charlotte is described as white, 5'6 of slim build, with sandy coloured hair normally worn in a ponytail, blue eyes and and a pale complexion.

When last seen she was wearing a black vest style top, a charcoal hooded top, and green shorts, and had with her a small black trolley suitcase.

PC Claire Saunders said: "We are making enquiries with friends and with rail and other transport services, and anyone who has seen Charlotte or knows where she is is asked to contact police as soon as possible via Sussex 101 quoting serial 1523 of 24/7."

Two arrested as Operation Suppress continues in Chichester

POLICE are continuing to target those offenders who cause the most harm to Chichester district.

Chichester Police launched Operation Suppress in February to target suspects who commit the majority of crime in the area.

A 51-year old man from Chichester has been arrested for 15 offences including fraud, production of cannabis, abstracting electricity, handling stolen goods, theft of keys, drink driving and other driving offences.

A man aged 40 from Tangmere has been arrested for six offences including a possession of cannabis, handling stolen goods, abstracting electricity and making a false statement to his insurance company. They are on bail while inquiries continue.

Inspector Will Rolls from Chichester Neighbourhood Policing Team said: "Historically, Chichester district has suffered crime from repeat offenders who reside either on or near to the district. Previous work has successfully disrupted these people in the short term, but they continue to return and commit crime within our communities.

"We will, therefore, target these individuals robustly and work with partners to ensure that we can bring an end to this activity. We will use all available tactics to prevent them from committing crime and to bring them to justice for the crimes that have been committed.

"They will remain under the spotlight until we are satisfied that they are no longer a threat to the district.

"We want to ensure that Chichester remains a safe place to live, work and socialise and I believe that the public would expect us to be proactive to achieve this. Operation Suppress is designed to do exactly that."

Woman injured in Selsey collision

A WOMAN has been left with serious injuries after being hit by a lorry on Tuesday (July 29) in Selsey.

A 13 tonne lorry collided with the 84-year-old woman pedestrian from Selsey as it reversed on the High Street around 12.08pm. She was taken to Southampton General Hospital with serious but not believed to be life threatening injuries.

Another woman, a 23-year old from Berkshire, suffered minor injuries as she gave the 84-year-old woman first aid.

Anyone who saw what happened is asked to contact police on 101 or email collision.appeal@sussex.pnn.police.uk quoting Operation Pacific.

HERBALIFE
24FIT
THE SMARTER WAY TO WORK OUT
Thursday's 6.15-7.15pm central Primary School
FREE BOOT CAMP
for 4 weeks only
31st July- 21st Aug

BE THE BEST VERSION OF YOURSELF
FOR MORE INFO:
CONTACT NATALIE:
07738249612
natalie@fitjoy.co.uk
www.fitjoy.co.uk
SEE YOU THERE
FITJOY

New films unearth Chichester's ancient artefacts

Roman oil lamp

ANCIENT artefacts unearthed in Chichester have been brought back to life in a series of new videos created by a history student.

Undergraduate Emily Nazer, from the University of Chichester, filmed the shorts while on work experience at the Novium museum.

The videos, which have been published on YouTube, feature a 2000-year-old Roman oil lamp found in the city centre, clothing ration books from World War Two as well as a municipal moon lantern dating back to the 1900s.

a municipal moon lantern

Emily said: "The museum asked me to research some of their less well known artefacts, mainly those that are not currently on display, and create a few video clips about them.

"Through working at the Novium I have been shown a lot of career possibilities within heritage work that have interested me greatly and which I would like to pursue further."

The second year student created the videos earlier this year to showcase the range of relics from Chichester's past during a six-week placement at the museum.

She added: "The work experience module is great for students who know what career path they would like to follow, but also for people still unsure, and before it I had no idea what I wanted to do after graduation.

"I so thoroughly enjoyed my time at the Novium that I have continued as a volunteer since the placement ended."

To watch Emily's videos go to www.youtube.com/thenovium.

Alternatively to find out more about studying history at the University of Chichester visit www.chi.ac.uk/department-history.

South coast's £200million cash boost praised by university

Prof Clive Behagg

PLANS to stimulate the south coast economy by creating thousands of new jobs have been praised by a university vice-chancellor following his reappointment to the region's Local Enterprise Partnership (LEP).

Professor Clive Behagg, from the University of Chichester, commended the new £200million deal signed between central government and Coast to Capital earlier this month, which will also build 4,600 new houses and provide 190,000 metres of office space.

The LEP, which was set up in 2011, encourages economic growth across East and West Sussex, Brighton and Hove, as well as Croydon, and is led by business owners and local authorities with support from universities from the four areas.

Professor Behagg, who was re-elected as the group's representative of Higher Education last week, after serving an initial two-year term, said: "This new deal will provide the basis for real economic growth in this region.

"The LEP has led the development of economic regeneration during the last few years and will now oversee the start of a six-year investment programme in jobs, infrastructure and transport to stimulate growth."

As part of his re-election to the Coast to Capital board, Professor Behagg will act as a representative of four universities situated within the region – including Chichester, Brighton, Sussex, as well as the Creative Arts in Farnham.

Throughout the two-year role, he will be responsible for overseeing the academic institutions and ensuring each make a significant contribution to regional regeneration by providing qualified graduates and educational expertise.

Professor Behagg added: "The fact that all four universities are represented on the Coast to Capital board shows that we are an integral part of economic growth across the south of England.

"Local regeneration is high on our agenda and I believe that, through the LEP, this can translate into a collaborative contribution to regional growth.

"There is a very strong partnership between our universities, and it is a great pleasure to have been accepted to serve for a further two years."

For more on the Coast to Capital Local Enterprise Partnership, including details of the new £200million government deal, visit www.coastcapital.org.uk.

smarter cars

SMARTER CARS

Mobile Body Repair Specialist

Hassle Free We Come to You

smarter cars

We are your local vehicle automotive refinishing company.

Have your car repaired to body shop standard for a fraction of the cost.

Bumper Repairs: Splits, scuffs - from £65.00

Panel Repairs: Key scratches, dents, scuffs - from £80.00

Alloy wheel refurbishment: Scuffs, corrosion, damaged rims - from £50.00

We also carry out larger repairs at our local workshops; all work fully guaranteed.
Free collection and drop off service.

NEED YOUR CAR WEEKDAYS? NO HASSLE, WE WORK WEEKENDS

We cover Chichester and surrounding areas; please call Tony or email for free estimates

07854866978/01243 670007 smartercars@btinternet.com

Unit 5, Easton Barnes, Easton lane, Sidlesham

Spire
Portsmouth Hospital

We go beyond treating patients

for us it's about looking after people

Private GP appointments at Spire Portsmouth Hospital

Our private GP service offers fast, expert, personal care at your convenience. If you need to see a GP we can help; with more time to discuss your health issues and access to the outstanding facilities at Spire Portsmouth Hospital

Our GP service can provide help with:

- General health concerns
- Persistent coughs
- Medicals including DVLA, power boats and scuba diving screens
- Travel vaccinations
- Men and women's health
- Visa medicals

To make an appointment, please call **02392 456172**
or email **info@spireportsmouth.com**
www.spireportsmouth.com

Get better sooner

Just make a one off payment or use your insurance

Scheme is helping people to get back into work

AN INNOVATIVE SCHEME that is helping people to get back into work is hoping to expand its work, following support from councillors at Chichester District Council.

The 'Choose Work' scheme has already assisted over 120 people and provided over 60 people with invaluable work experience. It's estimated the scheme has already saved the public purse £118,388 a year – ten times the original investment – with 47% of those taking part managing to find work.

The scheme, which has been running since January 2013, is now looking to bid for approximately £50,000 from the Department for Work and Pensions, after Chichester District Council agreed to release £30,000 from the New Homes Bonus funding if the application is successful.

This money will enable the project to employ two part-time coordinators over three years. One coordinator will focus on the rural areas of the district, while the existing coordinator will continue working in Chichester and the 'Think Family' neighbourhood areas. There is also an additional coordinator based at SelseyWorks on Selsey High Street.

Choose Work' offers job seekers of any age the chance to access a two to eight week voluntary placement. The placement provides them with vital skills and helps them to gain the experience needed to get ahead in the job market. The scheme also provides mentoring, life coaching and career advice to all of those who take part. Thirty companies, including Chichester District Council, have offered work placements.

Kirsty Whitehead at Westgate Leisure Chichester

The scheme led to a permanent job for Kirsty Whitehead, who was one of the first people to benefit from the scheme.

"I have always wanted to work in customer service. The Choose Work Scheme provided me with a placement on the reception at Westgate Leisure Chichester. This not only gave me the vital experience I needed, but it also led to a permanent job as a Customer Services Assistant at the centre," says Kirsty.

"It's a really nice environment to work in and I love helping the customers."

Anne Merrett also found that her work placement as a Customer Services Assistant at Chichester District Council provided her with the skills and confidence she needed to find a job. She now works as a Library Assistant at Bishop Luffa School in Chichester.

"The scheme has given me the knowledge of how to present myself and build good relationships within the workplace. It has also helped me to discover that helping people is actually something I am very passionate about and I believe that shines through in my current work."

Samantha Wells, who now works as an Administrative Assistant at Chichester District Council, also claims that the scheme gave her the boost she needed.

"Choose Work was a very individual journey for me, allowing me to rediscover different aspects of the office environment and above all to regain a little lost confidence."

Anne Merrett at Bishop Luffa School in Chichester

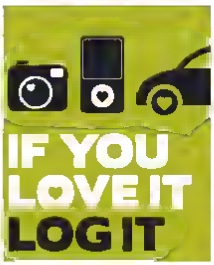
Job seekers can continue to receive job seekers allowance while taking part in the scheme. The Choose Work Coordinator recommends positions to jobs seekers based on the roles that they are interested in. This means that the placements are always relevant to the person. They are also given a mini interview and a reference as part of the placement to prepare them for the workplace.

The initiative, set up by Chichester in Partnership as part of its 'Get People into Work Strategy', was originally funded following a successful bid for money from the Department for Work and Pensions.

Councillor Myles Cullen, Cabinet Member for Commercial Services at Chichester District Council, says: "We are determined to do everything we can to help improve job opportunities for our residents. The project has already been incredibly successful and so we are very keen to build on this. The next step is to bid for money from the Department for Work and Pensions. We then want to encourage even more businesses across the district to get involved and provide even more placements."

Employers interested in offering work experience placements can contact Steve Hill, Work Experience Coordinator at Chichester District Council, by email at shill@chichester.gov.uk or call 01243 534609 or 07711 017385.

Logging your goods



RESIDENTS are being urged to join the battle against burglars by logging their valuables on a national website.

Immobilise is the world's largest property register and allows police and the public to work together to make stolen items too hot to handle.

Residents can enter the details of their possessions on the free website and report when they have been stolen.

Police officers not just in Sussex but around the UK can then check the details of items that they find or seize against the database.

By confirming that the seized items had been stolen, officers can then look to prosecute whoever they were seized from for burglary or handling stolen goods – and can return the valuables to their rightful owners.

Sussex Police is encouraging residents to use Immobilise as part of Operation Magpie, the force's crackdown on burglary across the county.

Detective Chief Inspector Paul Betts said: "When our officers respond to reports of burglary, they often cannot get enough detailed information about the items which have been stolen without old boxes for electrical items or photographs of jewellery for example it can be very difficult to accurately identify what has been taken.

"Better information greatly increases the chances of us being able to reunite stolen property with its rightful owner, helps us to get a better picture of which burglaries could be linked and gives us the evidence we need to prove that property is stolen.

"That helps us to link items to burglars and those trading in stolen goods and means we can get offenders off the streets and into the courts."

Katy Bourne, Sussex Police & Crime Commissioner, is backing the campaign urging residents to register their property. She said: "I'd like to see as many residents as possible playing their part in helping to beat burglary in Sussex.

"It's simple and it's free to register your personal items on the website and I hope people will do so. As well as making it easier for the police to track down registered owners, it can also act as a deterrent as it makes it harder for thieves to sell items on because they can be identified."

25 million people use Immobilise and every week hundreds of people are reunited with their lost or stolen property because of the site.

As well as registering mobile phones and electrical items with serial numbers, residents can also register other items by uploading photographs and giving a description.

They can also use the website to instantly access a list of all their property and to print off certificates of ownership if they need to make a claim to their insurance company.

You can register your property in just a few minutes by visiting www.immobilise.com.

WOODS
THE COMPLETE TRAVEL SERVICE
READER OFFER
SOUTHBANK & LAMBETH PALACE
26 SEPTEMBER 2014
Adult/Senior Citizen £40 & Child £33
We stop at Denbies Wine Estate for refreshment/comfort break, than continue to Southbank with free time to explore the area before departing to Lambeth Palace.
The Palace has been the home of Archbishop of Canterbury since 1197. Parts of the Palace date back to Tudor times. The tour includes the historic rooms and includes the Crypt, the Guard Room, the Chapel and the Library, being the oldest library in England.
You will be able to see some of the vast collection of books and other artefacts that once belonged to Kings, Archbishops and scholars.
Pick ups in Chichester, Rose Green, North Bersted, Bognor, Felpham, Littlehampton & Rustington
01243 868080
Park Road, Bognor Regis, West Sussex, PO21 2PX

Summer Sizzlers

Just a few of the great offers from Covers

15% OFF EVERYTHING!

(Excludes Summer Sizzlers Offers)

When you present this voucher with your purchase

This voucher is only available for a single transaction. Voucher valid until 30th August 2014. Excludes any other offer or current discount arrangement. Discount applies to retail prices.

Summer CHI 10/14

MultiPurpose Compost

- 56L per bag

3 BAGS FOR £10.00

Waterbutt

- 200L
- Woodgrain effect
- Includes stand, diverter & tap

£39.59 each

Ronseal Fencelife

- Available in 7 colours
- 4L +25% EXTRA

25% EXTRA FREE!

£5.99 each

Hozelock 25m Compact Reel

- Nozzle included
- Model 2412

£25.99 each

Decorative Stone

- Available in 7 colours
- 25KG per bag

3 BAGS FOR £12.99

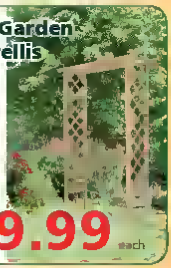
Thakeham Olympic Paving

- Gold or Silver
- Riven or Textured
- 450 x 450mm

£2.39 each

Forest Garden Arch Trellis

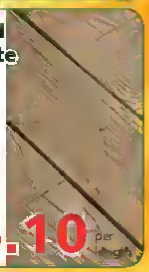
Model BARCH



£49.99 each

Millboard Composite Decking

- Enhanced Golden Oak
- 32 x 176mm x 3.6mtr



£56.10 per length

15% OFF

peckish NATURES FEAST

All Bird Feeders & Bird Seed

Cuprinol Total Deck

- Clear
- 2.5L

NEW

£24.98 each

Black & Decker Garden Vacuum & Blower

Model GW2200

£53.99 each

10% OFF

CAMPINGAZ

BBQ & ACCESSORIES

Your nearest depots are
Quarry Lane, Chichester
tel. 01243 785141
Station Yard, Bognor Regis
tel. 01243 [illegible]3100
Visit www.covers.biz for opening times

Trade & Retail Welcome

Like us on Facebook

COVERS

Timber & Builders Merchants

Prices include VAT. Summer Sizzlers end at close 30th August 2014. Not valid in any other offers and current discount arrangements. Offers subject to availability, actual product/colour may differ from illustration. All delivery charges below £[illegible] net will incur a £12.00 [illegible] delivery charge.

The man in the orange boiler suit must be a mirage

Allis Moss

On the Case

We've had a lot of new street lamps go up in Chichester. You can spot where they're going before they appear, with a white chalk outline on the pavement, a cross between a Raymond Chandler crime scene and a Dan Brown secret hieroglyphic.

Their whiter LED bulbs give more illumination but are harsher, don't you find, than the cosier, rosier glow of the old ones? I got a card through the door asking me to take part in a survey about them. I wish I had a tenner for every survey I've been asked to take part in recently. I heard on the street grapevine that because some have found the new lamps too piercing, the electricity company has put gauze over them to dim the glare. So if you or I see a lamp post with a net over the top of it, a bit like the one that nice man baking the bread at M&S has to wear, that is why.

You've heard of train spotters

I've been counting the new lamp posts going up. No, not really, but I bet someone has. I was amused to read one lamp post watcher's take on his locale – which I hasten to add was outside our own fair city of Chichester.

"Councils waste our taxes already on an epic scale," he huffed. "My council had a programme of installing lamp posts on roads that had been unlit for decades to improve safety. Now they're turning the lamps off at night to save money! But when you drive past the Council Offices late at night, all the lights are still on." He finishes up with: "Don't get me started about workers sitting in vans reading The Sun!" alluding perhaps to idling engines and dazzling dashboard lights.

I can top that

When good old SSE sent their man in a van to oversee emergency power in Chichester, I did a kind of Tom and Jerry double-take at the set-piece I encountered. I rubbed my eyes: was I really seeing what I was seeing? I ventured to investigate. Yup, outside the sub-station, there was a van, with its engine running, providing emergency power and right by it, keeping a close eye on this tense situation was a top operative in overalls, working so hard for his dues that he needed a nap, right there in the street. This boiler suited individual was lounging in an impromptu hammock that he'd tied between two trees. He was on the phone, having a good ol' chin-wag, and, yes, he had a copy of The Sun. Tell you what, though, he snapped to when I courteously enquired what he was doing.

"And that's why we've got such high bills," observed a passer-by.

Dark sky parks

A while back I interviewed Dr John Mason, who gives talks at our wonderful South Downs Planetarium.

But on that occasion, we tramped across some fields in Slindon on a gorgeous late summer afternoon, Dr Mason telling me about why we need 'dark sky parks'. There's so much light pollution leaking up into the night sky now that it's almost impossible to see the stars unless you're right out in the middle of nowhere. Dark sky parks would be places that would be kept dark, so we'd look up at the heavens and see them like the ancients did.

There again, we need our street lights

Walking or cycling away from Chichester railway station after the last train back from London is fine in the summer. But when we go back to winter time, the street lamps on some side streets go dark an hour earlier – before you can get home if you're coming back from work or an evening out on that last train. As long as you're walking along a well lit main road it's alright, but it's downright dangerous and frightening on the residential streets that have been transformed into the black hole of Calcutta. I asked the council if they could leave a lamp on to light a solitary wayfarer's journey home off that last train – without success. Apparently, it wasn't possible to programme one to stay on longer, though I'm sure some of them do.

And finally

I'm remembering that the Perseid meteor shower comes round in August. Last year, the shooting stars were brilliant. Better than any firework display! They're saying the best time to catch them this year could be earlier than usual, on a moonless night, around now.

Contact Allis allis.moss@chichesterherald.co.uk

WOODS
THE COMPLETE TRAVEL SERVICE
READER OFFER
RHS WISLEY FLOWER SHOW & GARDENS
4 SEPTEMBER 2014
£33 Adult/Senior Citizen & £21 Child
Enjoy the delights of this spectacular, yet informal late-summer show.
Browse, buy and get advice from over 40 specialist nurseries and garden trade stands. There will also be stunning displays by Surrey NAFAS and the National Dahlia Society Annual Show

Pick ups in Chichester, Rose Green, North Bersted, Bognor, Felpham, Littlehampton & Rustington
01243 868080
Park Road, Bognor Regis, West Sussex, PO21 2PX

Photo of the week

#Chichesterphoto

Artisan Cafe @artisancafe_chi

Picking up on requests for products To Go #chichester we are on the case This should start the ball rolling –

EXCLUSIVE OFFERS FROM BRITANNIA WINDOWS

TRANSFORM YOUR HOME FOR LESS

UPTO 45% off WINDOWS

DOORS FROM £599 Including VAT & Fitting!

Huge Savings on Conservatories & Orangeries

Aluminium & PVCu Bi-fold Doors

VISIT OUR ROSE GREEN SHOWROOM

01243 268777

www.BritanniaWindows.co.uk

BRITANNIA CONSERVATORIES WINDOWS • DOORS

Official opening of St Wilfrid's Hospice Terminus Road outlet

ALTHOUGH it started trading on 7 July, the Terminus Road outlet held its official opening party on Friday 25 July from 4pm until 8pm. The event was attended by staff, trustees and customers as well as representatives from the companies and businesses who had helped with the project right from the beginning. Drinks and canapes were served in the fabulous showroom.

Trustee Amanda Sharp cut the ribbon and said: "The showroom looks wonderful! Retail contributes a significant amount of funding for the Hospice and I'm sure this new venture will be successful."

As well as a furniture outlet the site will also be a second Donation Centre, and the Hospice's

on-line trading department will relocate here in the autumn.

Manager Zara Richards said: "We've been really busy since we opened and have had a very positive response from customers."

Chief Executive Alison Mooney was among the guests and thanked the staff who had worked hard to get the site up and running. She said: "The Hospice only receives 12% funding from the NHS, the rest has to be raised and the Retail Operation is one of the largest contributors. I'd like to wish Zara and her team every success."

Terminus Road is the largest of the Hospice's Retail sites, and donations are always welcome. You can call on 01243 530518 and arrange for furniture donations to be collected, or drop smaller items off at the rear of the building. There is easy access and ample parking.

Green-fingered residents of a West Sussex town raise thousands

AFTER SIX MONTHS of hard graft, green fingered people from Selsey opened their gardens to the public to raise money for two local charities – Alzheimer's Society and St Wilfrid's Hospice in Chichester.

On Sunday 22 June, 465 visitors enjoyed the sights at Selsey Open Gardens and followed the trail around the Sussex town and down to the coast.

There were 15 gardens and two allotments to look around, and visitors gave a donation to the two charities.

Organised by Margaret and Gerry Goodman, the day raise a total of £5,300, which will be split between the two charities – each receiving £2,650.

Hannah Miller, Alzheimer's Society Community Fundraiser for West Sussex, said: "It was a wonderful day and very well attended. It's fantastic that fundraising volunteers Margaret and Gerry supported us with such a brilliant event. We would like to thank you to them and all the owners of the gardens and allotments for opening them up to the public."

Julie Longman, St Wilfrid's Hospice Events and Community Manager in Chichester: "The Selsey Open Gardens event has been running for a number of years now, and I'd like to thank all the gardeners for their hard work. Huge thanks go to Margaret and Gerry, and everyone who went along to view the gardens, their support is very much appreciated. The money raised will help us to continue providing our specialist care to people across the community."

'Wool against Weapons'

CHICHESTER QUAKERS met this week to display a very long pink scarf that they have been knitting over the past few weeks. It is destined for the "Wool against Weapons" demonstration that will be held at Aldermaston on 9 August. After that it will be made into over 2000 blankets for distribution to local hospices, emergency areas and war zones.

IMMEDIATE AVAILABILITY ON ALL ADVERTISED ITEMS

Not Only Sofas

MADE IN GREAT BRITAIN

A FURTHER 10% DISCOUNT IF YOU PRESENT THIS ADVERTISEMENT

Leekes Ava / Oscar
Dining Set
Oak or Glass Table
& 4 Leather chairs
(cream/brown)
Was £899
Now £499

The Jubee
(Tvilum)
Cabin Bed &
Mattress
Was £499
Now £199

Kyoto Convertible Sofa Clic Clac Bed (natural)
Single... Was £199 Now £99
Double... Was £249 Now £129

New York Tub Chair
Faux Leather (black, brown & white)
Was £99 Now £49

The Candy
(Attractive Faux Leather / Cord Suite) (3+2) (grey / black)
Was £899 Now £599

*(While stocks lost)

Not Only Sofas

WE'RE CLOSER THAN YOU THINK!
Don't miss out - call in while stocks last!

FIND US HERE

HUNDREDS MORE ITEMS AVAILABLE IN STORE!

Unit 15 Castlegrove Business Park,
Durban Road, Bognor Regis PO22 9QT
Tel: 01243 863363 www.notonlysofos.co.uk
OPENING TIMES: Monday - Saturday 10am - 6pm, Sunday 11am - 4pm

National News

News in Brief

• A former policeman is to be charged with murdering a man who was shot dead after a car was stopped by officers in north London nine years ago. Azelle Rodney, 24, was travelling in a car that was stopped by police, who were looking for a group they believed were on their way to an armed robbery. An inquiry last year chaired by Sir Christopher Holland ruled there was "no lawful justification" for the shooting.

• Former Manchester United manager David Moyes is no longer being investigated over an alleged scuffle in a bar in Lancashire, police have said. Moyes was spoken to by police after builder Josh Gilbrand, 23, claimed he was attacked at the Emporium wine bar in Clitheroe in May. Witnesses reported Moyes was abused by a group of young men shortly before he entered the bar.

• A businesswoman has said she is close to securing a deal to keep a Banksy artwork in Cheltenham. The "Spy Booth" image painted on the wall of a house was going to be removed and sold by its owners who believed it could fetch up to £1m at auction. Since then a campaign has been launched by Angela de Souza to buy the work so it could be kept in the town.

• A woman who added "Skywalker" as a middle name has been told by passport officials her signature infringes a trademark. Laura Matthews, 29, changed her name by deed poll in 2008 "for a bit of a laugh". She recently tried to renew her passport and amended her signature to 'L Skywalker'.

• A dog walker and a runner helped a woman fight off a man who was trying to rape her in Manchester, police have said. The 30-year old was attacked while running in Clayton Vale nature reserve at about 11.45 BST on Tuesday. Her screams were heard by the man and woman, who were nearby. Police said the female dog walker kicked the attacker repeatedly to drive him away.

• A man who shot a police officer on his doorstep and laughed while cycling off has been convicted of attempted murder. James Leslie, 38, shot PC Suzanne Hudson through his front door as she and PC Richard Whiteley made routine inquiries in Leeds last December.

Eastbourne Pier ruined by fire

A FIERCE fire has taken hold of Eastbourne Pier, with fire crews desperately battling to save what is left of the historic seaside landmark.

East Sussex Fire and Rescue Service crews battled at the scene which has been captured in dramatic photographs by those on the beach.

Eastbourne borough Council described the blaze at the "much loved landmark" as "tragic".

Pictures from earlier on Wednesday showed onlookers watching thick black smoke pouring upwards from the pier and its building, with flames visible above the roof.

But by 4.45pm – just an hour and a half after fire crews were called – the roof of the pier building appeared to have been almost completely destroyed.

The sea end of the pier appears to be unaffected by the fire.

There have been no reports of injuries.

Eyewitness Alistair Millen said: "My view is right at the front of the pier.

"At first there was smoke coming out of the top of it. The fire alarms had gone off and they were evacuating people.

"When I got here there were lots of fire engines and lots of police.

"The fire is in the main building at the moment."

The fire service says around 60 firefighters tackled the blaze at the two-storey building, which is around 50 metres from the shoreline.

Sussex Police said they had officers at the scene to help with local road closures and to prevent the public getting too close to the fire, and the Coastguard also helped with the efforts to contain the blaze.

The fire service added: "We were alerted at 15.13 on 30 July 2014 to reports of a small fire – believed to be in wall panelling – in a part of the pier housing arcade games."

British Airways to be sued over pilot abuse claims

BRITISH AIRWAYS is to be sued for damages over claims one of its pilots sexually abused children in African schools and orphanages.

Lawyers claim the airline bears responsibility because the alleged victims were assaulted by First Officer Simon Wood while on stopovers.

Mr Wood, 54, from Potters Bar, Herts, died when he was hit by a train on 18 August last year.

BA said it was "shocked and horrified" by the allegations.

An inquest is due to be held into the death of Mr Wood, who had been charged with one count of indecent assault of a girl under 16, two counts of making indecent photographs of a child and one count of possessing indecent images of a child.

Law firm Leigh Day said Mr Wood allegedly molested youngsters during stopovers in Kenya, Uganda and Tanzania while flying for British Airways. Some of their clients are aged just eight.

Lawyer Nichola Marshall said: "We allege that Wood was able to abuse the victims, by reason of his employment with the airline, in particular through his involvement with the airline's community relations work.

"The schools and orphanages that our clients attended were all in receipt of charitable donations from the airline, and Wood played a key role in administering those donations, on behalf of British Airways."

The Crown Prosecution Service said Mr Wood was first arrested over an indecent assault allegation in November 2001 but prosecutors ruled there was insufficient evidence to charge him.

It reconsidered the case after receiving new details of similar alleged offences committed overseas and apparent evidence of indecent images.

A British Airways spokesman said: "We were shocked and horrified to hear the allegations against Simon Wood.

"Our sympathies are with the victims and it is disappointing that the conduct of one person has caused so much distress to the many thousands of decent people who engage in charitable works on a regular basis."

The inquest into Mr Wood's death is due to be held at Hertfordshire Coroner's Court.

No appeal over Rolf Harris sex offences sentence

Complaints were lodged following Rolf Harris' sentencing earlier this month

ROLF HARRIS's sex offences sentence will not be referred to the Court of Appeal, despite 150 complaints over its 'leniency', the attorney general's office has said.

The disgraced entertainer was jailed for five years and nine months for 12 indecent assaults on four girls.

Complaints were lodged following his sentencing earlier this month.

In a statement, the office said the attorney general understood the decision would cause disappointment.

It said Attorney General Jeremy Wright would not refer the sentence to the Court of Appeal as "he did not think they would find it to be unduly lenient and increase it".

The office said the judge had been required to take Harris's age into account.

"The sentencing judge was bound by the maximum sentence in force at the time of the offending," it added.

"The judge made some of the sentences consecutive to reach the total sentence, but he could not simply add up sentences on individual counts, the overall sentence had to be just and proportionate to the overall offending."

Chichester Business

Booted in to action!

It was bright and sunny this Wednesday morning, which made getting myself up and along to experience an early morning session at Chichester's new Boot Camp, even easier.

Run by the areas only Strong Fit qualified Instructors, and managed by popular Personal Trainer, Olly Hermon Taylor, the new Boot Camp in Oakland's Park offers all abilities the chance to get fit whilst having fun.

These exercise camps are a relatively new trend and over the years I have found that they can certainly vary in style, depending on the teacher. You can generally expect to meet outside, rain or shine, following the guidance of a trainer as you are encouraged to work hard. Having tried Boot Camps before, I was keen to attend this new group that everyone's talking about to see what all the fuss was about.

I arrived at Oakland's and met up with the group who were situated close to the Festival Theatre side of the Park. The group consisted of a great selection of people, with varying levels of fitness but all with positive, welcoming and warm attitudes.

After warming up, we began to use the beautiful and natural surroundings of the park to exercise. This involved strength work (using kettle bells and other weights), cardiovascular exercises (running, interval training and obstacle course challenges) followed by metabolic conditioning circuits (using ropes, bands and other funky equipment!) which is excellent for keeping your heart working and fat burning once the classes come to an end.

I felt like my mind as well as my body had got a really great workout. I was breathing fresh air, surrounded by green grass and trees and I was being instructed on the exercises to do that were there to challenge me. It was great. And what's even better, I lost track of time. I know we are recommended to take at least 20 minutes of fresh-air exercise three times a week, but for me 45 minutes of outdoor exercise like this is a much better way to exercise.

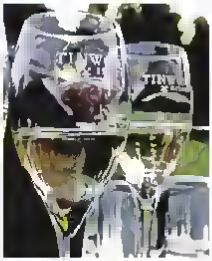
I asked Olly why he felt it was important to offer Chichester these outdoor Boot Camp sessions and this is what he told me. "I realised early on in my career that taking control of your health and fitness can change your life in all areas and my mission is to share that with other people. I love being outdoors and I love to move. I feel very confined when I train in a gym, with artificial lighting, music and bored people going through the same, cookie-cutter routines, week after week, without ever making any real progress. Just going through the motions. At the Chichester Boot Camp sessions we can offer people the solutions they need with our full-body, fat burning workouts and we can guarantee results. We also advise our group members about nutrition and other behaviours in their lives which can really help them to make the changes they have always wanted".

The experience I had with the Chichester Boot Camp was great and it gave me so much more than I had thought it would. The sessions take place morning, mid-morning and evening throughout the week and weekend and right now anyone interested in trying it out can do so for FREE!

Visit the website www.ChichesterBootCamp.com or call the team on 01243 591058.

Do you run a business in Chichester? Then share news with Kylee about any events, problems or opinions you have about matters that may be affecting you, which may be discussed within a future column. e: Kylee@MindseyeManagement.Com @MindeeyeMgmt

Creations enjoy a fantastic Tinwood Evening!



THE TEAM at Creations Hair and Beauty love to spoil their team and clients wherever possible, which is why the owner, Carolyn Sweeney, invited the Tinwood Estates Vineyard along to the salon for one summery night to showcase their beautiful selection of wines.

Tinwood have a fascinating story from growing Iceberg Lettuce at the start to turning the land around and producing some of the most amazing sparkling wine in the UK, not to mention they are situated in one of the UK's beauty spots.

The farm has a unique microclimate where it is in the rain shadow of the Isle of Wight, meaning that the vineyard is repeatedly awarded the sunniest place in Great Britain! (1,902 hours in 2011).

Creations Hair and Beauty have always been more than just a hair cut, with all their charity work, raising in excess of £28,000 in the last year, always seeking to be a little bit different.

Herald Recruitment

Chichester Herald provides businesses with an unrivalled, targeted and cost effective advertising solution across the City with a newspaper readership of 63,000.

The newspaper is available for self selected pick up across the city of Chichester and surrounding areas in a wide variety of locations every Friday.

We also deliver thousands of newspapers to homes across the area every week.

As well as this, over 1000 businesses in our area will also get at least one newspaper delivered to them whether they are in the City Centre, a town or village, an industrial business park or a lone café on a country road.

We have 422 newspaper stands across the district which is located as far north as Midhurst, south to Selsey, the Witterings and Pagham, east to Arundel and west to Bosham.

What better way to advertise your vacancy to thousands of people starting from £25 + vat per week. To advertise here **call 01243 200999 or email advertising@chichesterherald.co.uk**

JOB VACANCY

Experienced Care Assistants, Private Nursing Home

A prestigious care home is requiring experienced care assistants to join their well established team. You will need to have a patient disposition, be hardworking and have a real desire to provide the highest level of care to the residents. We expect a professional attitude within the home. We want care assistants that will work well as part of a team but to also be able to use their initiative.

Duties: • Assist qualified staff in the running of the care home • Maintain high standards of care to the residents • Maintain a clean and safe environment for the residents and other staff • Act in a professional manner at all times • Promote dignity, privacy and independence at all times • Participate in social activities.

If you are available to work 18 – 36 hours a week, and have the ability to meet our high standards please apply. All applicants must be eligible to work in the UK. Applicants will need to be over 18 years of age and a DBS check will be required.

Salary: £8.50 - £7.40 p/hour

To apply for this role please forward your CV to:
Carer Position, Westhampnett House, Stane Street, Westhampnett, PO18 0NT
Or email CV to: **admin@westhampnethouse.co.uk**

Advert Available
£35 per week + VAT

Advert Available
£35 per week + VAT

New Chichester Running Store to Support Valley Challenge 2014

A NEW SPECIALIST running shop in Chichester has come on board as a sponsor of the popular Valley Challenge race which this year will take place on 20 September. I-Run, who are opening their first retail outlet in The Hornet in Chichester in August, originally launched as a website to offer like-minded runners an opportunity to learn more about the sport they love. The shop will be an extension of this, with cutting edge original features such as a lane of synthetic running track, some of the best running products on the market and an exciting collaboration with the Podiatry Centre who will operate alongside the shop team to help with injury and common runners complaints. With a team of runners who have ten years retail experience, it seems the logical partner for one of Chichester's most exciting trail races.

Following a hugely successful debut in 2013, Valley Challenge 2014 promises to be even bigger and better. The eight mile run, which takes in the three peaks of the Lavant Valley near Chichester, uses the tracks and trails of the glorious Goodwood Estate and covers some of the most stunning countryside in the South Downs National Park. Spectators can watch from the comfort of the three valley pubs, The Fox Goes Free in Charlton, The Partridge in Singleton and The Star and Garter in East Dean, which will all provide water stations for runners during the race and refuelling stations afterwards.

The Valley Challenge is organised by local fitness company and hosts of the ever popular Valley Boot Camp, Milestone Fitness, to raise funds for Singleton Playschool. Last year's race fielded nearly 100 runners and raised an incredible £2000 for the local children, thanks to sponsorship from local energy company IGas and Wests of East Dean. The feedback from runners, who came from all over the south of England, was overwhelmingly positive. There was even a surprise celebrity racer as Hugh Dennis, star of Mock the Week and hit sitcom Outnumbered, turned up to run on the day.

This year's race which is sponsored by i-Run and IGas takes place on Saturday 20 September, starting at 10am at East Dean Village Hall. The village hall serves as Race HQ and offers homemade cakes and other refreshments, registration, bag-drop and a massage station. All finishers will receive a beautifully handcrafted and unique wooden medal from Wests of East Dean and a bag of goodies to say thank you. The race is a challenge but suitable for runners of all abilities aged 17 upwards. For further information, an entry form and details of Milestone Fitness training packages, please visit www.milestone-fitness.co.uk/valleychallenge.

'Excellent mix of terrain, super tough hills combined with long open stretches. Superb organisation. Very friendly' Matt Cook.

'A great race, probably the best I've run all year. Excellent organisation with tea and cake at the end to round off a great morning's exercise. A pint in the pub after also helped to dull the aches and pains of the hills!' Dave Harris.

'Thank you for today's race. What a friendly team you had, with everything so well organised. The physio, the 'goodie bag', the pubs (which we shall visit in the near future), the very special medals – and don't let me forget the food, lemon juice and coffee. A very special day!' Mike Donovan.

New 'Buy With Confidence' Directory available

THE LATEST edition of the 'Buy With Confidence' Approved Business Directory is out now – and it's as jam-packed as ever.

The directory protects consumers by ensuring every business which appears on its pages have been thoroughly vetted by Trading Standards officers in West Sussex.

Each business listed, whatever its size or trade has agreed to provide a trustworthy and high standard of customer service. They are also regularly monitored to ensure these levels are maintained.

The new directory can be collected from all WSCC council offices and lots of other outlets such as Citizens Advice Bureau, DIY stores and libraries across West Sussex. An interactive version can also be viewed on the West Sussex website – type 'buy with confidence' in the search bar.

Lionel Barnard, West Sussex Cabinet Member for Residents' Services, said: "The directory gives residents details of about 450 businesses that have been recommended by Trading Standards.

"As well as benefiting consumers, it will also assist local businesses by giving them accreditation to a scheme that really carries its weight in the county."

The 'Buy With Confidence directory' can also be ordered by calling the County Council's Contact Centre on 01243 642124.

Any business interested in joining the scheme should call West Sussex Trading Standards on 01243 642124 for an application pack or visit the Buy With Confidence website.

Oceanair wins BMF 'Best Marine Business To Work For' award 2014

Managing Director Andy Fitzgerald (second from left) holding the Award

SELSEY BASED OCEANAIR have been named as the winners of the inaugural 'Best Marine Business To Work For' Award presented by the British Marine Federation (BMF) at their annual conference on 15 July 2014.

Oceanair, the world's leading marine blind and shading specialists, won the 'Best Marine Business to Work For Award for over 10 employees. The judges said: "The company was a clear winner. We were very impressed with ABC (Above and Beyond the Call of duty) which is a peer nominated staff award scheme, their Corporate Social Responsibility work and also their community work."

Andy Fitzgerald, Managing Director of Oceanair, commented: "All at Oceanair are incredibly proud. On top of our business of designing, making and selling blinds as a company we strive to create a positive working environment for all staff from in the offices to the factory. Additionally we have always been very active in our local community as an employer and involvement in projects, and over the last few years in particular we have become more focused on our carbon footprint and corporate social responsibilities and put in many measures to improve. To be recognised within the marine industry and further afield for this is very special."

Founded in 1990, Oceanair Marine Limited continues to be the world's leading supplier of blinds, shades, screens, and soft furnishings in the marine market. A sustained commitment to excellence has been recognised with no less than three Queen's Awards for Enterprise in International trade. Oceanair products are exported to over 37 countries, supplying internationally renowned brands.

In 2010 a new Residential and Commercial division of the business was successfully launched, bringing products of the highest quality and design to this market sector.

The Oceanair range includes systems for windows, hatches, portlights and doors. In addition, a range of soft furnishing products (curtains, cushions, upholstery, bedspreads and throws) are now available to complete any interior.

All Oceanair Products are designed and manufactured in a state-of-the-art facility in Selsey, UK. Founded in 1990, Oceanair also has an office and distribution facility in the United States.

For more details about Oceanair visit www.oceanair.co.uk.

An easier way to do business in West Sussex

A NEW website is offering an easier and friendlier way for local businesses to work with West Sussex County Council.

The Business West Sussex website contains a raft of information both for established businesses and for those looking to start a new enterprise in the county. It contains all the business-related information that West Sussex County Council can offer in one easy to use place.

Businesses can find details of grants and funding that could help them grow and develop their organisation, such as the County Council's 'Be the Business' Fund.

It has information about Trading Standards, planning, business rates and workplace health.

There are also links to other useful sources such as district and borough councils, business support organisations and education providers.

The launch of Business West Sussex is part of the Council's commitment to support businesses, and create a vibrant local economy for the benefit of everyone who lives and works in West Sussex. It is being led and managed by the Council's Economic Development Team.

West Sussex County Council Leader, Louise Goldsmith, said: "Local businesses told us that, whilst they knew the County Council could offer them a huge amount of support and information, they just didn't know how or where to access it.

"We have listened and taken their comments on board, and the result is the new Business West Sussex website, which will provide them with a simple way of getting the help they want from the County Council.

"The County Council is committed to doing everything it can to support the local economy. A key part of that commitment is simplifying the way in which we communicate with businesses, and making it easier for them to grow and thrive in West Sussex, and Business West Sussex is a great place to start."

For more information visit www.businesswestsussex.co.uk or email business.support@westsussex.gov.uk.

Advert Available
£35 per week + VAT

Advert Available
£35 per week + VAT

Advert Available
£35 per week + VAT

Arts & Entertainment

FOLLOW US ON TWITTER
@chiherald

New showing at Cineworld Chichester

Cinema Review: Guardians Of The Galaxy

Guardians Of The Galaxy(12A)
Running time 122 mins
Director: James Gunn
Starring: Josh Brolin, Chris Pratt, Zoe Saldana, Karen Gillan, Dave Bautista, Lee Pace, Michael Rooker, Djimon Hounsou, Benicio Del Toro, John C Reilly, Vin Diesel, Bradley Cooper

★★★☆☆

A human adventurer teams up with a band of alien misfits to save the galaxy in this thrilling new Marvel superhero epic. Roguish Earthman Peter Quill (Chris Pratt), AKA Star Lord, has got himself into a whole heap of trouble. He's stolen an orb, which is also coveted by villainous psycho Ronan (Lee Pace). Ronan will stop at nothing to retrieve the mysterious artefact. This forces our charismatic anti-hero to forge an alliance with an unlikely quartet of rival cosmic outlaws. His crew comprises vengeance-crazed warrior Drax the Destroyer (Dave Bautista), gun-toting Rocket the raccoon (Bradley Cooper), green-skinned deadly assassin Gamora (Zoe Saldana), and tree-like humanoid Groot (Vin Diesel). But when Quill learns of the orb's real power, a last ditch battle for the galaxy ensues! This awesome new addition to the Marvel cinematic universe also features a shaven-headed Karen Gillan as Ronan's sidekick Nebula and introduces Josh Brolin as the voice of sinister supervillain Thanos.

Competition

WIN TWO TICKETS TO CINEWORLD

FOR A CHANCE TO WIN 2 TICKETS, ANSWER THE FOLLOWING QUESTION

Q **Which popular comic company publish the Guardians of the Galaxy stories**

A. DC COMICS

B. MARVEL

C. DARK HORSE

Send your answer and include your full name address and a contact phone number to **competition@chichesterherald.co.uk**. One lucky winner will be selected at random. Closing time is Tuesday 5th August 2014 at midday. The winner will be notified later on that day. Last week's winner was Georgina Reece. [illegible] Chichester Herald competition terms and conditions.

cineworld

Cineworld Chichester
Chichester Gate, Chichester, PO19 8EL
0871 200 2000

Sky Diary August 2014

By Peter Littlejohns

Venus is a bright object in the morning sky rising above the NE horizon at around 04:00.

On August the 10th our Moon will be at its closest to the Earth for the year and will appear about 14% bigger and noticeably brighter than normal.

Mars is dimming steadily as it moves away from us and sinks down towards the W horizon.

Jupiter moves into the constellation of Cancer rising just before dawn. On the 18th it appears to be on a collision course with Venus when, at 05:00, its path takes it to within a quarter of a degree from our sister planet. The pair is also close to the open star cluster M44 (the Beehive) for insomniacs with good wide-field binoculars.

Saturn is getting dimmer as it heads down in the W passing above Mars on the 26th and setting around 23:00.

Uranus and Neptune are both low in the E & SE respectively but a telescope is necessary to see the latter. Neptune is another gas giant some 4500million miles from the Sun which takes 165 Earth years to complete one orbit. The atmosphere comprising hydrogen sulphide, ammonia ice and methane gives this distant planet a blue-green appearance. The Voyager 2 probe discovered that it has a family of eight satellites and four very tenuous rings.

There are five meteor showers this month, the minor ones being:-
on the 2nd from the SSE with about 5 per hour,on the 6th from low in the SE with about 10 per hour, on the 7th from the ESE with about 10 per hour,
on the 28th from the NE with about 10 per hour.

The highlight shower is on the 12/13th night from Perseus high in the NE with around 80 per hour at its maximum. Unfortunately the almost full Moon will drown out the fainter ones. Still worth a look though.

Planetarium Shows and Dates August 2014

Sunday 03 3.30pm Summertime Stars, Moons and Planets
Tuesday 05 3.30pm Summer Skies, Shooting Stars
Wednesday 06 3.30pm Our Galaxy The Milky Way
Thursday 07 7.30pm Summer Skies, Shooting Stars
Sunday 17 3.30pm Summertime Stars, Moons and Planets
Tuesday 19 3.30pm Hubbles Glorious Universe
Wednesday 20 7.30pm Our Galaxy The Milky Way
Thursday 21 3.30pm Prepare for Blast off!
Monday 25 1.30pm All Aboard A Tour of the Planets
Monday 25 3.30pm All Aboard A Tour of the Planets
Wednesday 27 3.30pm The Northern Lights
Thursday 28 3.30pm Seven Wonders of the Solar System
Friday 29 7.30pm The Northern Lights
Sunday 31 3.30pm Summertime Stars, Moons and Planets

Tickets Adults £6.00 Children £4.00
Tickets are available to callers at the The Novium, Tower Street, Chichester
Alternatively please phone 01243 774400 or ticket hotline 07818 297292 to reserve your tickets. Payment by cash or cheque only, on the day.
[illegible]

Summer fun for everyone in Chichester District

IF YOU'RE LOST for what to do during the summer holidays, then look no further. Chichester District Council's leisure services are offering a whole host of activities from sports programmes to family events. Whatever you're interested in, there's something to keep both children and adults entertained and active well into the holiday period.

Westgate Leisure Bourne and The Grange are offering any racket game for £1 for the hour at selected times.

There are also courses and camps in a wide range of sports. There is smash up badminton, gymnastics, trampolining and there are also opportunities to try our Waterwalkerz or Aquaventure at Westgate Leisure Centre.

Or, if you fancy something a little bit different, thena families are invited to camp out at The Novium for its Night at The Museum event on Friday 22 August — book soon though as places are limited.

'From A Night at The Museum to Chichester District Council's Sport in the Community scheme, you really won't be able to stay still this summer,' says Councillor Eileen Lintill, Chichester District Council's Cabinet Member for Leisure, Wellbeing and Community Services. "There is a fantastic range of sessions and workshops on offer throughout the district. They offer youngsters a fun and safe environment during the summer holidays as well as the chance to build on existing skills or learn a new one."

Details of some of the activities on offer:

Westgate Leisure

Racket sports: during the summer holidays Westgate Leisure Bourne and The Grange will be offering users the chance to play any racket sport for £1 per person for the hour at selected times. To benefit from this offer, please call Bourne on 01243 376101 or The Grange on 01730 816841 or pop in to either centre.

Snorkelling: on Tuesday 12 and 26 August, professional and qualified instructors will take you through using masks, fins, snorkels and flippers. See the world that lies beneath the surface of the pool. Once you have mastered the skills, get ready for snorkelling fun and games. Age eight years and up. 3pm Beginners at 3pm, intermediate, 3-4pm intermediate (those who have attended a previous holiday snorkelling session at Westgate Leisure Chichester). Cost: £4.40 member or £5.40 non-member. Must be water-confident and able to swim 100 metres.

Burst Holiday Club: a day of activities, sports and swimming for children aged 6-16 registered with Ofsted. Thursday 24 July-Friday 5 September. Drop off 8.30am-9am, pick up 5-5.30pm. £23 full day, £10 half day. To book a place please call Westgate Leisure Chichester on 01243 785651 or email lsargeant@chichester.gov.uk.

For more details about all activities, please see Westgate Leisure www.westgateleisure.co.uk.

Sport in the Community

Cricket, football, netball, rugby and multisport holiday courses and sports camps cater for boys and girls of all abilities. All coaches are highly qualified and have received relevant checks for child safeguarding.

The Rugby and Football in the Community Camps are for children aged 6-15 and run 10am-3pm through July and August. Chi Sport Camps are for 0-11 years. All of these sessions are £7.50 per person per day or £5 for any tenants of our funding partners: A2 Dominion, AffinitySutton, Home, HydeMartlet, Raglan.

The Performance Camps for ages 12-16 are £15 for one day or £25 for a two-day camp. These camps are aimed at experienced youngsters who are looking to improve their performance and develop further with expert coaching. Camps run 10am-3pm through July and August covering a wide range of sports.

To find out more about this scheme visit www.chichester.gov.uk/sportincommunity.

The Novium Museum

Smugglers Weekend Crafts: dress up in smuggler fancy dress and enjoy crafts and stories for families. 16-17 August, 10am-4pm. Free with museum admission.

Summer Sensations: explore your senses through activities and crafts where you are invited to hear, smell, see, touch and taste the history of the museum. Sessions run 2pm every Wednesday and 11am every Friday until 29 August. £2 per session.

Sleepover at the Museum: families bring your sleeping bags for an exciting night at The Novium on Friday 22 August and 31 October. Visitors will be treated to a torch-lit treasure hunt throughout the museum, craft activities and games and as the evening comes to a magical close, settle down for the night next to a Roman gravestone or a spooky Skelton. £15.

Space is limited, so to avoid disappointment book your place at The Novium Museum now on 01243 775888, email thenovium@chichester.gov.uk or visit the website at www.thenovium.org for more activities.

For more information go to www.chichester.gov.uk or call the council on 01243 785166 or Westgate Leisure on 01243 785951.

What's On in your local area...

• Celebrated Westbourne based theatre director, Roger Redfarn, is directing the Arundel Players production of Privates on Parade, written by Peter Nichols with music by Denis King as part of this year's Arundel Festival.

Privates on Parade opens at the Priory Playhouse Theatre, London Road, Arundel, BN18 9FA on Saturday 16 August until Saturday 23 August starting at 7.45pm. Tickets cost £14 and are available by calling the Arundel Players Box Office between 9am and 9pm on 07523 417926.

According to Roger: 'Privates on Parade is a witty musical parody, laden with comic innuendo and a jaundiced account of post war colonial politics which is based on the author's real life experience in ENSA in Singapore and Malaysia during the communist insurgency in 1946."

The play, which contains strong language and some nudity, was first performed by the Royal Shakespeare Company at Stratford-upon-Avon and later transferred to the Aldwych Theatre in London where it won an Olivier Award for Best New Comedy.

Roger, who has enjoyed over 50-years success as a professional director both in this country and internationally, said: "I hope the audiences will appreciate and enjoy the rich music hall humour and find the mix of colourful army service characters food for thought."

For any further information about the Arundel Players visit www.arundelplayers.org.uk.

• Following a hugely successful debut in 2013, Valley Challenge 2014 promises to be even bigger and better. The eight mile run, which takes in the three peaks of the Lavant Valley near Chichester, uses the tracks and trails of the glorious Goodwood Estate and covers some of the most stunning countryside in the South Downs National Park. The Valley Challenge is organised by local fitness company and hosts of the ever popular Valley Bootcamp, Milestone Fitness, to raise funds for Singleton Playschool. This year's race takes place on Saturday 20 September, starting at 10am at East Dean Village Hall. The village hall serves as Race HQ and offers homemade cakes and other refreshments, registration, bag drop and a massage station. All finishers will receive a beautifully handcrafted and unique wooden medal from Wests of East Dean and a bag of goodies to say thank you. The race is a challenge but suitable for runners of all abilities aged 17 upwards. For further information or an entry form please visit www.milestone-fitness.co.uk/valleychallenge. If you don't fancy running but would like to support us, we always welcome volunteers to help marshal the race on the day. If you are able to help, please contact Rachel at rachel@rachelcoates.com.

• Chichester Art Society's popular workshops are back again this autumn at Bassil Shippam Centre, Tozer Way, St Pancras (parking and easy access). September 9th sees the return of the popular Figures & Faces Workshops. Portrait Study alternates with Life Study on Tuesday afternoons 1-30-4.30pm. These workshops are overseen by award winning local artist Lucie Cookson and run until November 25th (six of each). Work in your preferred medium. Cost to non members is £11 or £10 if three or more sessions are booked in advance (Tea/coffee included). On Thursday September 11th 10am-4pm guest artist Graham Cox tutors a workshop for enthusiasts of soft pastels Moody Views in Pastel. Cost to non members is £40 and includes all materials and tea/coffee through the day. For more information and to book places, contact the Secretary on 01243 602300 or email jean.campbell@zen.co.uk. Get in quick!

• West Dean House is throwing open its doors to visitors on Saturday 6 and Sunday 7 September 2014. The Grade II listed historic house, and the former home of Edward James, supporter of the Surrealists and founder of West Dean College, is open to the public only once a year. Entrance to the House includes access to the award-winning gardens including the newly restored Sunken Garden, which re-opened earlier this year. Opening Times: 10am to 5pm. Early bird prices: £8 Adult (gate price of £9 Adult). Children go FREE. Book online at www.westdean.org.uk.

• Concorde is a social club which provides friendship and companionship for single people.

It is not a dating club but any members who form relationships or marry remain members.

It meets every Tuesday at the Walnut Tree, Runcton, and holds a variety of events throughout the year. New members are very welcome. Anyone who would like more information can visit www.concordesinglesocialclub.org.uk or phone 01243 575083 or 01243 604725.

If you would like a non-profit or profit-charity event listed, then send 70 words to events@chichesterherald.co.uk. All listings are subject to change without notice and mentioned here as supplied and in good faith. Chichester Herald cannot be held responsible for any changes occurring after publication.

Food & Drink

FOLLOW US ON TWITTER
@chiherald

Brits stuck in food rut - eating seven 'safe meals'

BRITS DREAM of broadening their culinary horizons – but regularly fall back on the same seven 'safe meals', it emerged this week.

Researchers found a lack of time and confidence plays havoc with the typical Brit's meal plans and despite good intentions 60 per cent of Brits eat the same dishes week after week.

In fact, a quarter of adults cook the same meals on the SAME days every week and have a strict rota in place

Of those, the typical adult has the same meal schedule in place for nearly four years, but a stuck in a rut 13 per cent have eaten the same thing on the same days of the week for TEN years or more

Typically, UK families will be eating spag bol on a Monday, chilli on a Tuesday and pork chops on Wednesdays Thursdays are lasagne and casserole is the dish of the day on a Friday

But one in five said if they haven't planned anything in advance they tend to fall back on a frozen pizza egg and chips or a take-away

A spokesman for Old Jamaica Ginger Beer which commissioned the research to launch it's 'Upgrade Your Taste buds' campaign said "This research shows we are really lacking imagination when it comes to experimenting with flavours

"Eating the same meals week after week for years on end doesn't sound very appealing although it's easy to see how we become stuck in a rut

"Busy lives, long commutes and domestic chores all take their toll and this research shows many adults are falling back on a handful of safe meals and drinks rather than experimenting with new flavours and recipes

"Taking the plunge and trialling new flavours and deciding what goes with what does take confidence but it's worth it to broaden your culinary horizons"

The main reason for a limited repertoire of meals was lack of time, followed by the cost element of having to buy different ingredients for more lavish meals

It even seems Brits have become disheartened with drinks – a quarter said they are fed up with the same old soft drinks However there are a growing number of people looking for something with a bit more punch with one in ten choosing ginger beer and one in twenty opting for Iced tea

Of the 2000 adults polled – 27per cent said they prefer to cook British meals rather than international dishes

But the study found a cunning one in ten Brits lie to their friends and family about the type of meals they prepare in a bid to make themselves sound more adventurous

And 28 per cent said they often struggle to join in with conversations their peers are having about exotic foods and drinks

Not surprisingly then, more than half said far more people are 'foodies' nowadays

And one in seven said they are completely embarrassed by their lack of knowledge when it comes to their lack of imagination

The study found that one in ten resort to badgering their colleagues for meal inspiration and quiz them every day about what they are having to eat that evening

A more conventional 30 per cent resort to recipes for ideas and one in ten ask their dear old mum for recipe ideas

It's no wonder we lack imagination – 40 per cent of feeble Brits said they have low tolerance of spicy foods

And more than half (56 per cent) said they don't consider themselves to have an exotic palette

Despite this, 48 per cent admitted that English food can be dull and four in ten said it was a struggling getting their elderly relatives to try foods from different countries

On the contrary 42 per cent of parents said their children enjoyed eating more exotic foods

A spokesman for Old Jamaica Ginger Beer added "Broadening your knowledge of different flavours, spices and ingredients can only be a good thing

"It's best to try things before you dismiss it totally, whether it's food or drinks"

BRIT'S SEVEN 'SAFE' MEALS

1. Spaghetti bolognaise
2. Roast dinner
3. Pork chops
4. Stir-fry
5. Casserole
6. Chilli con carne
7. Lasagne

UK'S MEAL ROTA

Monday Spaghetti bolognaise
Tuesday Chilli Con Carne
Wednesday Pork chops
Thursday Lasagne
Friday Casserole

LICENSING APPLICATION
LICENSING ACT 2003

NOTICE IS HEREBY GIVEN that an application has been made to the Licensing Authority of Chichester District Council for the grant of a Premises Licence under Section 17 of the Licensing Act 2003

Applicant **Sally Dawn Pearmaine**

Postal address of premises **West Dean Stores, Millers Lane, West Dean, Chichester, West Sussex, PO18 0QY**

Description of application **Retail sale of alcohol – Monday to Saturday 08:00 to 17:30 and Sunday 08:00-13:30**

A copy of the statutory register may be inspected at the address shown below between the hours of 08 45 to 17 10 Monday to Thursday and 08 45-17:00 Friday or by visiting **http://www.chichester.gov.uk/index.cfm?articleid=7801**

Any Responsible Authority or other person wishing to make representations on this matter must submit those representations in writing to the Licensing Manager, Licensing Team, Housing & Environment Services, Chichester District Council, East Pallant House, East Pallant, Chichester, West Sussex, PO19 1TY or by email to **licensing@chichester.gov.uk** by no later than the **18th August 2014**

Please note that it is an offence knowingly or recklessly to make a false statement in connection with an application and on summary conviction for the offence, a person is liable to a fine not exceeding level five on the standard scale (currently £5 000)

Win a meal for 2 at Murrays

M

Murrays

Chichester Herald in partnership w n [illegible] fabulous meal for two people eve [illegible]

The Chichester Herald w ll be runn [illegible] competition sponsored by Mur ay [illegible] every week where you have to [illegible]

Fo you chance to w n th s an [illegible] please answer the follow ng photo cue [illegible]

Can you guess where this picture was taken within the Chichester area?

For your chance to win this week's competition email your answer name address and contact number to **news@theshiphotel.net**

North Street Chichester West Sussex PO19 1NH
Tel +44 (0)1243 778000 Email enquiries@theshiphotel.net

Entries close on Wednesday 6 August 2014 at midday The competition is for one winner who win course meal for two from the Free Foe menu There is no cash alternative A winner will be announced by Murrays every Wednesday Entry details may be kept on file Last week's answer was Selsey Lifeboat Station

FOLLOW US ON TWITTER
@chiherald

Fashion & Lifestyle

Prince George inspires rise in mini fashion

THE MAJORITY of UK parents believe their children are more fashion-conscious than ever before, according to new research.

But is it the kids that are slaves to fashion or their often celebrity-obsessed parents?

A survey by the fashion and lifestyle brand Paul Frank found that 64 per cent of parents think children today are more fashion conscious than in previous years, with 60 per cent saying kids get their fashion sense from friends, as opposed to just 12 per cent who believe they get it from their parents.

But a study by Cotton USA found that nearly half of UK parents (49 per cent) admitted celebrity culture and mini-fashion icons like Suri Cruise and Harper Beckham influenced how they dressed their children, prompting the trend to be known as the 'Harper Beckham effect'.

But Maryline Price, head of brand at the online children's fashion site Alex and Alexa, says: "Celebrity children are definitely fuelling interest in children's fashion, although I don't think it's the children themselves who are looking at the celebrity children, it's their parents who look at them and want to dress their kids the same."

While Alex and Alexa caters for children up to the age of 14, the bulk of their business is in the two to four year-old age group and there's even a huge celebrity influence on demand for clothes for children of this age, says Maryline.

And it's not just little girls that are being dressed like celebrity children.

"Don't underestimate the effect Prince George has had – he's more high profile and global than Harper Beckham," she says. "When he was christened, for example, we saw so much more interest in the christening items.

"There's a fascination with him and also with going back to more traditional, quality children's fashion."

Indeed, when the little Prince wore some £77 navy smocked dungarees with a sailboat design on the front, by luxury children's brand Rachel Riley, in New Zealand in April, the cute outfit immediately sold out.

Maryline points out that sporting events, such as the World Cup and Wimbledon, can spark children's fashion crazes, and a famous designer

like Pershore-based Stella McCartney teaming up with the film star Angelina Jolie to produce a clothing line for the Disney film Maleficent is also a winning combination for kids and their parents.

Inspired by the characters and visuals from the imaginary tale, the Maleficent by Stella McCartney Kids capsule collection includes eight playful styles for boys and girls aged four to 14.

The range includes contrasting pieces, feminine princess-like dresses and sandals or dark and edgy T-shirts and sneakers.

The clothes are available at Stella McCartney stores, select Disney stores and online.

"Brands like Stella McCartney Kids are expensive, but not outrageously so, and they're still accessible," Maryline says.

"So when Harper Beckham's photographed wearing a Stella McCartney dress, there's huge interest and lots of traffic on our website looking for the dress."

Maryline thinks children are aware of celebrities and the way they dress from at least the age of four, and research by Asda's clothing and home line George has found that, from birth to the age of one, it's obviously parents who choose how to dress their children.

But from three to 10 years it starts to be 50/50, with favourite licensed characters being a key driver for clothes choices.

After the age of 11, peers have the most influence, followed by music, fashion and favourite celebrities.

But Fiona Lambert, vice-president of George, says: "I don't think children are influenced by other celeb children. I think some parents are.

"Girls and boys are wearing mini mes of key fashion trends."

For girls, she says the current fashion is for playsuits and jumpsuits, tribal pants and neon colours with bleached denim.

In the autumn and winter, faux furs and a woodland influence will be all the rage, she predicts.

Boys are currently wearing skinny jeans, band T-shirts and rolled sleeve shirts.

The Paul Frank research found that 51 per cent of parents think children are more likely to spend pocket money on fashion than in the past, as fashion becomes more affordable.

But kids choosing their own clothes seems to have benefits for parents too, as 45 per cent of children are able to get dressed faster when they pick their own outfit.

"With 90 per cent of our kids' range under £5, we see band T-shirts and favourite characters being the biggest pocket money spend," says Fiona.

And mum-of-three Tamsin Kelly, editor of parenting website Parentdish.co.uk, points out: "When a new T-shirt can cost just a couple of pounds of pocket money, it's no surprise kids' wardrobes are so full."

Cherry Juice could be the answer to perfect sleep

Denise Kelly

Naturopathic Nutrition Therapist

The days are hot ...and I am NOT complaining in any way, shape or form! Personally I love it and if it stays this way for the whole summer holidays it's going to be happy days! I can remember the last time we felt heat like this in the UK. However, with it come a few problems. One of those issues is that I have had plenty of people say to me that they cannot sleep. If you can't sleep because of the heat, or just because your body for some reason has got out of sink then there is something you could try.

Best food. Tart cherries. They're among the richest food sources of *melatonin*, the same sleep-inducing hormone that is produced by the pineal gland in the brain. The body's production of melatonin declines with age, which is part of the reason that older adults often have trouble sleeping. One cup of tart-cherry juice or about one-eighth of a cup of dried tart cherries contains roughly the same amount. Sweet cherries also contain melatonin but not as much. It is believed that the ruby red pigments in tart cherry juice, known as proanthocyanidins play a significant role in aiding sleep. These natural polyphenolic compounds in the cherry juice help to increase the availability of tryptophan, an essential amino acid and a precursor to serotonin that helps with sleep. The juice was shown in cells to inhibit an enzyme that degrades tryptophan. Tryptophan degradation is a known predictor of insomnia and even though the amount of tryptophan in tart cherry juice is smaller than a normal dose given to aid sleep, the compounds in tart cherries could prevent the tryptophan from breaking down so it's able to work in the body more effectively. These compounds may help to improve tryptophan bioavailability for serotonin synthesis, which could have a positive effect on sleep. Increasing serotonin also helps improve mood and decrease inflammation. It's this unique combination of melatonin and tryptophan in tart cherries that is likely contributing to the sleep benefits. So, drinking a glass of tart cherry juice in the morning and the evening may be a better and a safer way to treat insomnia than widely used prescription medication. So my prescription of the week. A cooling fan in your bedroom and a glass of cherry juice to aid that perfect sleep.

How to help with Memory loss

Firstly check Your Prescriptions. Many common prescription and over-the counter medications affect memory-though the side effect is often overlooked. As you age your metabolism slows meaning these drugs will remain in your system for a longer period of time. What this means is that you may become more prone to contraindications with medications and may experience a greater occurrence in severity of side effects such as memory loss. Read check and ask your doctor if in doubt.

Eat Your Veggies -I know it's boring and we all know it... but it will make a significant difference! Increasing your vegetable intake helps decrease memory loss. Cruciferous vegetables (broccoli, cauliflower, brussel sprouts) and leafy greens high in iron (spinach, kale) are excellent memory boosters. Foods containing certain phytochemicals such as red grapes, blueberries, eggplant, red onions, red cabbage, beets, red apples and apricots are known to actually reverse age related memory loss. Make sure you are getting enough to make the difference!

There is nothing more important than looking after your health to accomplish a thriving and vibrant life.

To get outstanding health and energy Denise does private consultations in three clinics in West Sussex. She also teaches life changing health workshops and seminars for corporate companies and various health organisations all over the world. For more information contact her:
www.denisekelly.co.uk info@denisekelly.co.uk @DkNutrition 07730671436

Stress and anxiety relief

CAN YOU imagine your life without stress? Any kind of stress leaves its mark on your mind and body. Even positive events such as a wedding or the birth of a child bring with them some stress and anxiety.

Acupuncture is a proven and effective treatment for stress relief and is becoming increasingly popular.

Through unblocking channels with needles, the Qi in the body is able to flow freely in order to restore harmonious balance in the body. So you will find reprieve from physical symptoms such as tense muscles, muscular pains and high blood pressure which will allow you to feel refreshed and energised.

More importantly, regular acupuncture treatments can help strengthen your body and improve the body's immunity, so you're able to deal with the day-to-day stresses of life more effectively.

A patient under Dr Feng Wang's treatment

Dr Feng Wang and Suzie Wang

Alternatively, acupressure/Chinese massage can be applied to people who have a fear of needles. However, acupressure (massage) is often applied to clients after acupuncture in order to enhance the effectiveness of the treatment.

In fact, in some cases, acupuncture being used to treat one condition can actually help detect another, more severe illness that has not been previously identified. In such cases, acupuncture aids in early diagnosis and treatment.

Remember, acupuncture/acupressure is just one method of relieving stress. It's also important to learn positive and productive ways to cope with stress on a daily basis, thereby combining them to help you enjoy a happier and healthier life.

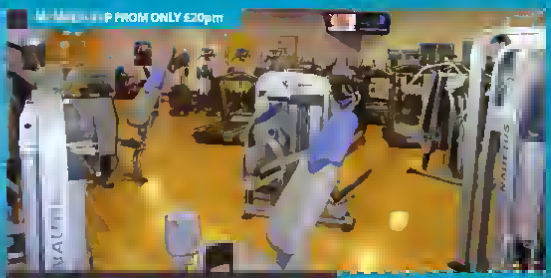
Dr Feng Wang is an associate of the ATCM and has been practising his profession for over 20 years. He has been volunteering at CancerWise in Chichester, which has helped to improve the health of many people. He also has his own clinic in Chichester city centre.

Harmony Acutherapy Clinic, 4 The Chambers, 28 Chapel Street, Chichester, PO19 1DL. Call 01243 537800 www.harmonyacupunctureclinic.co.uk

Free consultations and free parking.

Chichester College Sport Centre - *Open to everyone!*

Bodyworks
Fitness Suite



The facilities at Bodyworks include

- Air conditioned gym & fitness studio
- Flexible membership with no contracts
- Free weights area
- Designated stretch room
- A range of fitness classes (see opposite)

Chichester College Sports Centre

FREE Fitness Class

Please call to book a session, as class numbers are limited. A

Fitness Classes

DAY	CLASS	TIME	PRICE
MON	**Zumba**	5 15 6 00pm	£3 / £4 50
	Boxercise	6 05 6 50pm	£3 / £4 50*
	High Intensity Core	7 00 7 55pm	£3 / £4 50
TUES	**Spin**	5 45 6 30pm	£3
	Pilates (Beginners)	6 45 7 30pm	£3 / £4 50*
	Pilates (Intermediate)	7 30 8 30pm	£3 / £4 50*
WEDS	**Xpress Spin**	7 15 – 7 45am	£3
	Body Conditioning	5 30 6 15pm	£3 / £4 50
	High Intensity	7 30 8 30pm	£3 / £4 50
THURS	**Pilates**	1.25 2 10pm	£3 / £4 50
	Spin	5 30 6 15pm	£3
	Pilates (Beginners) *Starts 10 July*	7 00 7 45pm	£3 / £4 50*
	Trampolining (Sports Hall)	7 30 8 30pm	£5
	Fitness Pilates *Starts 10 July*	8 00 8 45pm	£3 / £4 50
FRI	**Boxercise**	19 00 20 00	£3 / £4 50*

PRICES* £3.00 for Staff/Students/Members £4.50 for Non Members
(*6 week block booking one-off session available at £5)

PLEASE PHONE TO CHECK AVAILABILITY & CLASS DATES 01243 812936
FOR MORE INFO VISIT www.chichester.ac.uk/About-Us/Sports-Centre

FOR MORE DETAILS PLEASE CALL 01243 812936

Chichester college

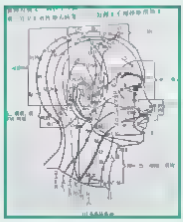
Harmony Acutherapy Clinic

Holistic Acupuncture, Acupressure & Traditional Chinese Medicine

Suffering from Migraines? Help is at hand

Chinese medicine & acupuncture a natural way to approach migraine

In Traditional Chinese medicine's philosophy, no stagnation (blockage), no pain Using Chinese medicine &acupuncture, the stagnation can be removed, and the blood circulation in the head can be regulated The body as a whole system can be balanced at the same time So the treatment can release the symptom as well as to prevent it from happening For people who are feared of needles, acupressure can be applied instead



Dr FengWang is an associate of the ATCM (Association of Traditional Chinese Medicine and Acupuncture UK) He has been practising h s profession over 18 years and has his own clinic in Chichester town centre

Dr Feng Wang has been practising acupuncture and allied holistic therapies in London Portmouth and Chichester for over 5 years. Prior to this having obtained his degree in Chengdu University of traditional Chinese medicine he had practised acupuncture and medical herbalism in China for 12 years

ACUPUNCTURE CAN BENEFIT–
ARTHRITIS | SPRAINS AND SPORTS INJURIES
HEADACHES AND MIGRAINE
SINUS PROBLEMS | DIGESTION | TIREDNESS
INSOMNIA | REPETITIVE STRAIN INJURY
DEPRESSION | STRESS
AND MUCH MORE–

Open Monday to Saturday from 9am to 6pm (except bank holidays)
After office hours appointments available on request

4 The Chambers, 28 Chapel Street, Chichester, PO19 1DL Opposite Travelodge.

For more information visit www.atcm.co.uk.
Call: 01243 537806 for a free consultation, Free car parking.

01243 537806

Licensed Pharmacist and an Associate of the Association of Traditional Chinese Medicine UK
www.atcm.co.uk

Travel

FOLLOW US ON TWITTER
@chiherald

An adventure on the Baltic Sea - count me in, says Allis Moss

On board my ship Braemar

The Baltic islands

What freelance journalist who obsessively watches The Bridge and loved the Onedin Line as a kid wouldn't bite the proverbial hand off to go on a Baltic adventure of ships, great and small?

The ship I was travelling on would be Braemar a vessel I have been on before and loved. Braemar is not a floating city. She's smaller and friendlier with a library lounge and pub that you can curl up in with an appropriate novel like the *Shipping News* and the only one in her fleet where you can stand like a figurehead with your knees to the breeze on the fo'c'sle or bow – or as some call it – "the pointy bit at the front".

Braemar has a shallow draft so would be able to use the Kiel Canal transit in Germany to go between the North Sea and the Baltic Sea avoiding having to go around the coast of the Jutland Peninsular of Denmark.

Arriving in Kiel itself I could see a fleet of tall ships from different European ports from Poland to the Netherlands sailing across the harbour. Its name probably derives from the Anglo-Saxon 'Kile' for haven, which tells you how long ships have been coming here.

The canal transit was fascinating. At Ravensberg port cyclists and pedestrians are carried in a gondola ferry suspended from an iron bridge from one side of the waterway to the other.

At its most northerly point in the Gulf of Bothnia, the Baltic is only around 3 degrees south and 50 miles away from the Arctic Circle. Departing our second port of Travemunde with its orchards and lakes on the mouth of the River Trave in Lubeck Bay for Stockholm, I stay out late on the top deck, bewitched by the milky sea, with *that bridge* – the Oresund Bridge linking Copenhagen to Sweden – showing as pinpricks of light after the sun set around midnight. But in the Baltic, there is always a blush on the horizon.

The Baltic Sea is sheltered and relatively tranquil, dotted with thousands of islands belonging to Sweden or Finland. Braemar's captain, Master Mikel Degerlund came from a Finnish island where they spoke Swedish!

In Stockholm we find out the conditions can also be cruel, at least if you are overloaded with cannons.

The Vasa was salvaged from the bay after sinking in 1628 because Swedish King Gustavus Adolphus was insistent on having a double row of guns on the jewel of the royal fleet. Vasa sank minutes into her maiden voyage while still in Stockholm harbour only to be preserved for more than three centuries in the brackish water – where as our guide tells us – there are no "sea worms". Around 98 per cent of her timbers are original and if you've seen and liked the wonderful Mary Rose in Portsmouth you will love Vasa. The bones of the 15 who died aboard Vasa have been reconstructed like in the film *Gorky Park* and are on show in an exhibition in the same museum below the enormous gargoyle encrusted battleship.

Speaking of *Gorky Park* it is 377 nautical miles from the archipelago of Stockholm to Saint Petersburg.

Saint Petersburg has gone through various name changes. For a short while after World War One broke out its name was altered from the Germanic to the Russian Petrograd. Then after the death of Lenin in 1924 it became Leningrad. It's now back to the original and that's where I was going next.

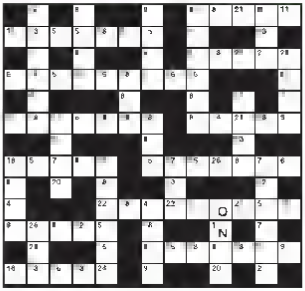
the salvaged Swedish battleship Vasa

WOODS
THE COMPLETE TRAVEL SERVICE
READER OFFER
COWES WEEK FIREWORKS CRUISE ON SS SHEILDHALL
8 AUGUST 2014
Adult/Senior Citizen £67 & Child £40
Join us on this evening cruise to get an unrivalled view of the spectacular firework display which marks the grand finale of Cowes Week. There will be entertainment from the SS Sheildhall Stompers Jazz Band. Also in port are four cruise liners (yet to be confirmed). On board snacks, light suppers and drinks can be purchased.
Times are subject to change and are approximate.
Pick ups in Chichester, Rose Green, North Bersted, Bognor, Felpham, Littlehampton & Rustington
01243 868080
Park Road, Bognor Regis, West Sussex, PO21 2PX

Brain Gym

Crossword

Each number in the grid represents a different letter of the alphabet and every letter of the alphabet is used. Use the given letter(s) to the right of the main grid to start you off.



1	N
2	
3	
4	
5	
6	
7	O
8	
9	
10	
11	
12	
13	
14	
15	
16	
17	
18	
19	
20	
21	
22	
23	
24	
25	
26	

Last week's solutions

1	2	3	4	5	6	7	8	9	10	11	12	13
N	P	X	A	F	Q	U	Y	O	M	T	R	D
14	15	16	17	18	19	20	21	22	23	24	25	26
B	V	J	Z	G	W	C	E	K	S	L	H	I

Double Crossword

Choose either quick or cryptic clues

Cryptic Clues:

Across

8 & 7Ac. The sort of tax from which London benefits? (7,5)

7. See 6 Across

9. See 10 Across

10. Dish I make a straight course to the sea (9)

12. Mixes drinks for second hand markets (6-5)

15. Being late they didn't say anything. (4,7)

17. Temporary accommodation for campanologists? (4,5)

18 & 9Ac. A Royal Marine permitted to show a badge (6)

21. A piece of music (few notes) relegated for the tumbler (5)

22. Produce a score to put somebody at ease (7)

Down

1. Arrived with nothing but a kind of brooch (6)

2. Mine is upset by this slump (3)

3. A stone horse of little use (4)

4. He dictates what the rates will be (4,5)

5. Shockingly enraged (7)

6. Restrict enemy movements on a material basis, we hear (5)

11. Frilly pieces underneath with animal skins all round (9)

13. When this projectile gets in it is news (6)

14. Pancake for a learner, in cruel confusion (4,3)

16. Right in the money but this rail cause bankruptcy (5)

18. Use the horn as well near the end of the street (4)

20. South Pennsylvania provides a treatment centre (3)

Quick Clues:

Across

5. Obstruction (7)

7. Vex (5)

9. Attempt (3)

10. Stakes (9)

12. Compensation (11)

16. Understatement (5-6)

17. Society (9)

19. Passage (3)

21. Representative (5)

22. Urines sling (7)

Down

1. Ward off (5)

2. Thirsty (3)

3. Sharp (4)

4. Not wanted (5)

5. Satisfied (7)

8. Keep (6)

11. Harm (9)

13. Near (2,4)

14. By means of (7)

18. Forge (6)

19. Salve (4)

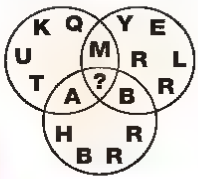
20. Request (5)

Scribble pad

Last week's solutions:
CRYPTIC Across 7 Stalling paper 8 Dominant 9 Sloth 10 Papers 12 Torrid 14 Debt 16 Dogma 18 Flood 20 Tolerate 22 Electric razor Down 1 Allocate 2 Strike 3 Lime 4 Agitated 5 Climber 6 Seam 11 Military 13 Ignition 15 Acid ct 17 Inroad 19 Oils 21 Lock QUICK Across 7 Overstatement 8 Pretence 9 Need 10 Tower 12 Gossip 14 Hectic 16 Hustle 18 Fear 20 Nonsense 22 Contemplation Down 1 Overture 2 Wine 3 Stun 4 Strength 5 Amends 6 Once 11 Nonsense 13 Illusion 18 Treaty 17 Sheath 19 Atom 21 Null

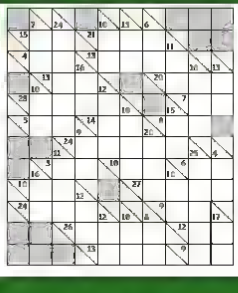
Circlegram

Replace the question mark with a letter so that the letters within each circle can be arranged to form words on a common theme. What are the three words, and the letter represented by the question mark?



Last week's solutions.
The letter represented by the question mark is C. Coventry Lincoln Carlisle all English cities

Kakuro



Fill in the white squares with numbers 1 to 9. Each horizontal block must add up to the number in the shaded square to its left, and each vertical block to the number above. Numbers may be used once in each block.

Last week's solutions:

Wordsquare

S	R	G
D	U	C
N	A	I

Give yourself ten minutes to find as many words as possible using the letters in the grid. Each word must use the central letter and at least 3 others, and letters may be used only once. You cannot use plurals, foreign words or proper nouns, but verb forms ending in -e are permitted. There is one 9 letter word to be found.

How you rate

15 words - average,
20 words - good,
25 words - very good;
30 or more - excellent.

Last week's solutions

silni, lusch, hail, hall, blah, nlsn, blanch, sinin cal chain chi blun shine c an, hail hall luc lain, lnac, nall.

Anagram

Rearrange the letters in the grid B to make five words that read both across and down. Five letters have been placed to start you off.

A

T	H	T	I	O
S	V	E	R	I
O	R	E	R	G
S	O	A	R	S
E	E	S	O	S

B

Last week's solutions:
Inlet Naive Lives Event, Tests.

Sudoku

Fill in the grids below so that every column, every row and each of the 3x3 boxes contains all the digits from 1 to 9

Simple

	3	6		2	4		7	
	4		9			3		
		2				6		4
6	8			4		7		
		7	3		5		8	
	5	4					1	9
5		3		9		1		
			4		7		3	2
	7		1	3		8	6	

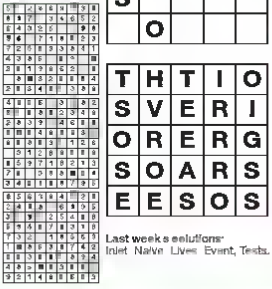
Intermediate

			1				5	9
	8	1			5			2
	9			7			8	
8			6			2		
9	6			1			4	5
		5			3			1
4				3		9		
	3		5			8	7	
2	7				8		1	

Difficult

			9		1			
		9				4		
6			3		4			5
5		6				1		2
	7						4	
3		8				7		9
9			4		8			7
		2				6		
			6		3			

Last week's solutions >
From top to bottom
Simple, Intermediate, Difficult



Property

FIND YOUR PERFECT PROPERTY
In Chichester & the surrounding areas

Brook Gardens, Barnham

Dream Homes with a 5% deposit.
Ask us about Help to Buy

dwh.co.uk or call 01243 558833

Where quality lives
David Wilson Homes

Limited availability selected plots only Subject to status Terms and conditions apply See www.dwh.co.uk for details The Homes and Communities Agency ("HCA") provides an equity loan for 20% of the purchase price of the property The equity loan is provided as a second charge on your property The amount you have to repay to the HCA

Coastguards | Persimmon Homes | Feature Properties

coastguardsproperty

6 Coastguards Parade, Barrack Lane, Aldwick

www.coastguardsproperty.co.uk Telephone: (01243) 267026 Email: office@coastguardsproperty.co.uk

rightmove.co.uk The UK's number one property website NAEA The Property Ombudsman

ALDWICK BAY ESTATE £695,000

A picturesque character residence situated on private estate approx 200 yards from the beach The property has many elm clad upper elevations under a thatched roof The specification includes cloakroom dual aspect lounge sep dining room kitchen utility room breakfast/family room master bedroom with en suite bathroom three further bedrooms, bathroom garage and gardens EPC Rating D

CRAIGWEIL PRIVATE ESTATE £850,000

Well presented modern detached house situated in private marine estate around 200 yards from the beach Large South facing lounge spacious dining room, versatile dual aspect study kit/breakfast room utility room, an unusual curved staircase and landing master bedroom with en suite bathroom and balcony three further bedrooms family bathroom, detached double garage and gardens including a South facing rear EPC Rating D

CRAIGWEIL PRIVATE ESTATE £775,000

Well presented modern detached house situated in private marine estate around 200 yards from the beach Large South facing lounge spacious dining room versatile dual aspect study kit/breakfast room utility room an unusual curved staircase and landing master bedroom with en suite bathroom and balcony three further bedrooms family bathroom detached double garage and gardens including a South facing rear EPC Rating D

ALDWICK BAY ESTATE £670,000

A spacious detached house situated in quiet cul de-sac of private marine estate within 100 yards of the private beach The current owners have carried out a comprehensive programme of extension and modernisation G F H u P V C double glazing fascias & soffits, cavity wall insulation cloakrm lounge dining rm sitting rm kit/breakfast rm master bedrm with en suite bathrm four further bedrms secondary bathrm shower rm balcony integral garage and gardens including a secluded courtyard garden with heated swimming pool EPC rating is D

ALDWICK BAY ESTATE £515,000

An extended detached character house situated approx. 400 yards from the private beach. The property has been extended and reconfigured and includes dual aspect reception area partially separated into a front sitting room with inner lounge/dining room, kitchen/breakfast room utility room office/study gr fl bedroom/reception room, en suite shower rm, master bedrm with dressing area and en suite shower rm, second bedrm, bathroom, a small garage/store room and well screened gardens. EPC Rating E

ALDWICK BAY ESTATE £465,000

A detached character cottage situated in a private marine estate approx. 400 yards from the beach The specification of this picturesque property includes g f h u P V C d/glazing lounge dining room rear sitting room kitchen with breakfast room shower room four bedrooms, bathroom separate w c - tandem garage with utility area and gardens to front and rear EPC Rating C

ALDWICK BAY ESTATE £270 000

A very well presented first floor apartment situated in a small development approx. 150 yards from the private marine estate The apartment has been made the subject of a programme of refurbishment and modernisation and includes g f h u P V C dble glazing dual aspect living rm with windows to South and West, attractive kit/breakfast rm, two bedrms fully tiled shower rm garage in nearby compound and use of landscaped communal gardens EPC RATING C

Motors

SPONSORED BY PANTHER TRUCK RENTAL
01243 778109 www.pantherturckrental.co.uk
PANTHER TRUCK RENTAL

Driverless cars on UK roads by January

Experts fear Britain will fall behind the US, Japan and Germany if unmanned vehicle tests do not start next year, as planned

THE GOVERNMENT has announced plans to put driverless cars on public roads as early as January 2015.

The vehicles are guided by a system of sensors and cameras, and the trials will last between 18 and 36 months.

UK cities can now bid to host the trials, with up to three cities being selected.

Business secretary Vince Cable said: "The announcement will see driverless cars take to our streets in less than six months, putting us at the forefront of this transformational technology and opening up new opportunities for our economy and society.

Transport Minister Claire Perry said: "Driverless cars have huge potential to transform the UK's transport network. They could improve safety, reduce congestion and lower emissions, particularly CO2."

But motoring groups say they are sceptical about the move.

AA president Edmund King said: 'Many drivers are still resistant to change as 95% enjoy driving too much to ever want the vehicle to take over from them.'

Meanwhile the RAC said: "We suspect it will be difficult for people to come to terms with giving up control of their vehicle to a computer."

The British Army already uses autonomous vehicles, supplied by automotive design specialist MIRA, which is also developing systems for civilian use.

Researchers in Oxford have also developed an autonomous car that can be controlled using an iPad.

Tim Edwards, principal engineer at MIRA, told Sky News the UK had some "very advanced technologies and some fairly unique know how".

But he said: "Where we lag behind is actually getting the technology into some real field trials."

Trials on public roads have already been held in Japan, Singapore and Germany, and Sweden will soon follow suit.

In California, driverless cars are already road legal. Google's self-driving cars have already logged 700,000 miles.

In May, the web giant unveiled a new model – without pedals.

But the main obstacles may not be technological, but legal.

Suzie Mills, a lawyer at Ashfords, said: "That's going to be one of the areas that consumers want to know about – what does their insurance cover? Is it going to affect premiums?

"That's going to come down to clarifying exactly where responsibility sits. And that is something the government's going to need to look at and definitely insurance companies are going to want to know about."

CAR AND VAN HIRE IN CHICHESTER

PANTHER TRUCK RENTAL

A FAMILY OWNED AND FAMILY OPERATED CHICHESTER BUSINESS

QUARRY LANE INDUSTRIAL ESTATE, CHICHESTER, PO19 8PQ.

CAR HIRE...CAR HIRE...CAR HIRE...CAR HIRE...CAR HIRE...CAR HIRE...CAR HIRE...

GROUP A CARS

JUST £99.00 + VAT PER WEEK
(£14.14 + VAT PER DAY)

AND.....THE FIAT 500 IS NOW BACK

VIEW AND RESERVE ONLINE. IT'S DEAD EASY !

www.pantherturckrental.co.uk e-mail enquiries@pantherturckrental.co.uk

West Sussex Trading Standards
Buy With Confidence
Approved Trader

FAMILY RUN BUSINESS - ESTABLISHED 1987

CHICHESTER 01243 778109

Football

Funding helps Chichester City Ladies Football Club - Grow the Game

GRASSROOTS FOOTBALL in Chichester has been given a helping hand following a £5,000 Grow the Game grant, from the Football Foundation, the country's largest sports charity.

The grant will allow Chichester City Ladies Football Club to provide more teams for girls age groups to ensure that more girls have the opportunity of playing competitive football. It is intended to run two further teams for girls at under 10 and 11 in the year one of the grant and for one further team at under 10 level in year two as the current teams move up to the higher age groups. The grant will provide for their running costs and the training of people as coaches in accordance with FA qualifications, including first aid training.

The Premier League and The FA fund the Grow the Game scheme with £1.5m, which is delivered by the Football Foundation, the nation's largest sports charity. The scheme is designed to increase participation in our national game by helping clubs to meet the essential costs of starting new teams.

The key strength of Grow the Game is that its participation increases are sustainable rather than transient. Its grants create a solid infrastructure of teams and newly-trained coaches in which new people can start playing the sport, rather than simply providing temporary activity sessions, which are then vulnerable to drops in participation once the programme ends.

This year sees a particular emphasis placed on increasing the number of teams and players from the Under 15 age bracket and above, to address the decline in participation that has traditionally occurred as young people leave school and college. The other key focus is on growing the numbers of girls', women's and disability teams.

Matt Wright, Manager of the Ladies 1st X1 said the support of the Football Foundation is very much appreciated to help the club grow and to provide the opportunity for more young girls to take part in football. The club will now be running 5 teams for girls under the age of 14 in the 2014/15 season as well as its two adult teams. The club also runs training sessions for ladies and girls who just want to improve their fitness and play football related activities on Thursday evenings and Saturday mornings to see if they want to move into playing competitive football.

Paul Thorogood, Chief Executive of the Football Foundation, said: "Grow the Game has become one of the Foundation's most popular schemes. This additional funding provided by the Premier League and The FA is excellent news for grassroots clubs seeking to start new teams and get their volunteer coaches qualified with FA coaching badges.

"Congratulations to Chichester City Ladies Football Club for working with the Sussex County FA to secure their £5,000 Grow the Game grant which will increase participation in the region as well as support football development in the area."

smarter cars

SMARTER CARS
Mobile Body Repair Specialist
Hassle Free We Come to You

smarter cars

We are your local vehicle automotive refinishing company.
Have your car repaired to body shop standard for a fraction of the cost.

Bumper Repairs: Splits, scuffs - from £65.00
Panel Repairs: Key scratches, dents, scuffs - from £80.00
Alloy wheel refurbishment: Scuffs, corrosion, damaged rims - from £50.00

We also carry out larger repairs at our local workshops; all work fully guaranteed.
Free collection and drop off service.

NEED YOUR CAR WEEKDAYS? NO HASSLE, WE WORK WEEKENDS

We cover Chichester and surrounding areas; please call Tony or email for free estimates.
t 07854886978/01243 870007 e smartercars@btinternet.com
Unit 5, Easton Barnes, Easton lane, Sidlesham

Furniture & Mirror SHOWROOMS

OAK - FRUITWOOD - PAINTED - RECYCLED

Furniture you desire – furniture you deserve!

DRIFTWOOD
BEDROOM- DINING-LIVING
& HOME OFFICE RANGES
FSC CERTIFIED
100% RECYCLED TIMBER
THROUGHOUT!

The Furniture Ombudsman

FREE DELIVERY + ASSEMBLY [WHERE REQUIRED] **WITHIN 7DAYS!** [60 MILE RADIUS]
VIEW ON LINE @ www.furnitureandmirror.com
MAIN SHOWROOMS @ UNITS 5 -6 TERMINUS MILL, TERMINUS RD IND ESTATE [NEAR CINEWORLD] CHICHESTER PO19 8UN TEL: 01243 783960

OPEN 7 DAYS - ON SITE FREE PARKING